



Cybex Modular
Owner's and Service Manual
Strength Systems
Part Number 55620 H



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Strength Systems
Part Number 55620 H**

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1 - Safety

Safety

Read the Owner's Manual carefully before assembling, servicing or using the equipment.

It is the responsibility of the facility owner and/or owner of the equipment to instruct users on proper operation of the equipment and review all labels.

! WARNING: Serious injury could occur if these safety precautions are not observed:

USER SAFETY PRECAUTIONS

- Obtain a medical exam prior to beginning an exercise program.
- Read and understand warning labels and user manual prior to exercising. Obtain instruction prior to use.
- Keep body and clothing free from and clear of all moving parts.
- Inspect machine prior to use. **DO NOT** use if it appears damaged or inoperable.
- **DO NOT** attempt to fix a broken or jammed machine. Notify floor staff.
- Use the machine only for the intended use. **DO NOT** modify the machine.
- Be sure that the weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure seek assistance.
- Never pin the weights in an elevated position. **DO NOT** use the machine if found in this condition. See assistance from floor staff.
- Children must not be allowed near these machines. Teenagers must be supervised.
- **DO NOT** use if guards are missing or damaged.
- **DO NOT** use dumbbells or other incremental weights, except those provided by the manufacturer.
- Inspect all cables and belts and connections prior to use. **DO NOT** use if any components are worn, frayed or damaged.
- **DO NOT** remove any labeling from equipment. Replace any damaged labels.
- Stop exercising if you feel faint, dizzy or experience pain at any time while exercising and consult your physician.

Facility Safety Precautions

- Read the Owner's Manual carefully before assembling, servicing or using the equipment.
- Securely anchor each machine to the floor using the anchor holes provided in each machine.

NOTE: *Cybex is not responsible for the actual anchoring of equipment. Consult with a professional contractor.*

NOTE: *Use fasteners having a minimum of 500 lbs. tensile capacity (3/8" grade 2 bolts or better).*

NOTE: *If legs/frame does not contact surface, DO NOT pull down with anchors. Shim any leg or frame not in contact with surface using flat washers.*

- Make sure that each machine is set up and operated on a solid level surface. **Do not install equipment on an uneven surface.**
- Make sure that all users are properly trained on how to use the equipment.
- Make sure there is enough room for safe access and operation of the equipment.
- Perform regular maintenance checks on the equipment. Also pay close attention to all areas most susceptible to wear, including (but not limited to) cables, pulleys, belts and grips.
- Immediately replace worn or damaged components. If unable to immediately replace worn or damaged components then remove from service until the repair is made.
- Use only Cybex supplied components to maintain/repair the equipment.
- Keep a repair log of all maintenance activities.
- Inspect all cables and belts and connections prior to use. **DO NOT** use if any components are worn, frayed, or damaged.

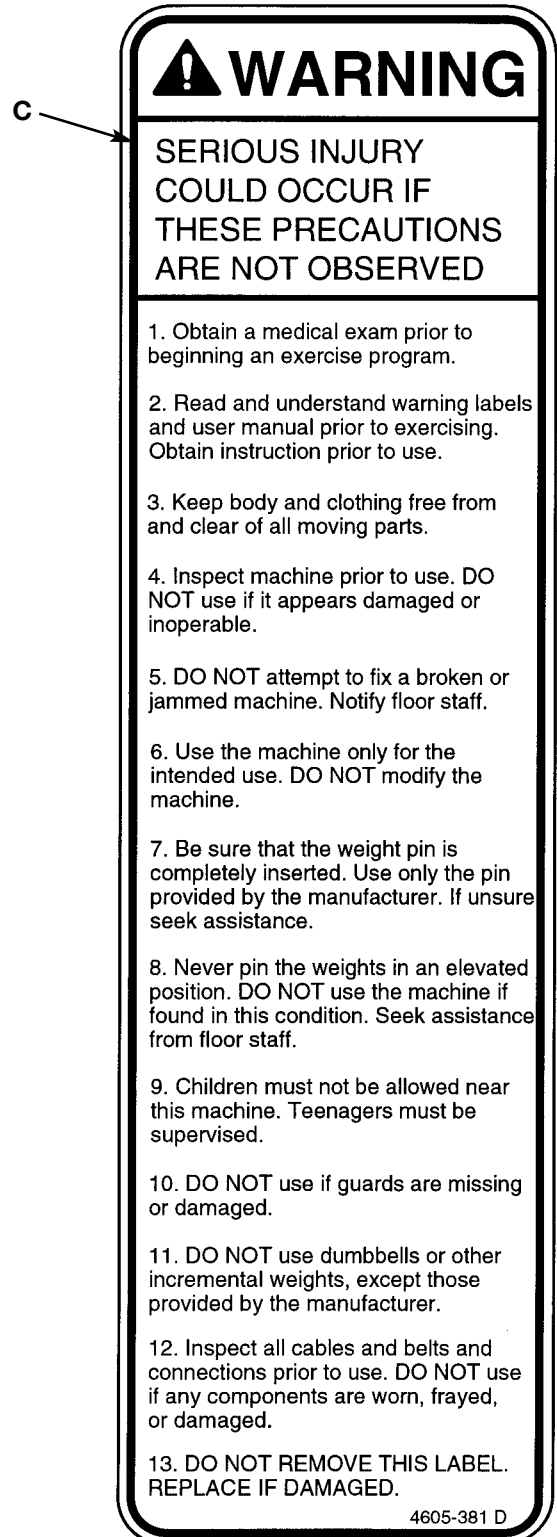
NOTE: *It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed.*

Warning/Caution Decals

Warning decals indicate a potentially hazardous situation, which, if not avoided, could result in death or serious injury.

Caution decals indicate a potentially hazardous situation, which, if not avoided, could result in minor or moderate injury.

The warning and caution decals are shown on the following page. The diagrams following the decals show where each decal is located.



! WARNING

**SERIOUS INJURY
COULD OCCUR IF
THESE PRECAUTIONS
ARE NOT OBSERVED**

1. Obtain a medical exam prior to beginning an exercise program.
2. Read and understand warning labels and user manual prior to exercising. Obtain instruction prior to use.
3. Keep body and clothing free from and clear of all moving parts.
4. Inspect machine prior to use. DO NOT use if it appears damaged or inoperable.
5. DO NOT attempt to fix a broken or jammed machine. Notify floor staff.
6. Use the machine only for the intended use. DO NOT modify the machine.
7. Be sure that the weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure seek assistance.
8. Never pin the weights in an elevated position. DO NOT use the machine if found in this condition. Seek assistance from floor staff.
9. Children must not be allowed near this machine. Teenagers must be supervised.
10. DO NOT use if guards are missing or damaged.
11. DO NOT use dumbbells or other incremental weights, except those provided by the manufacturer.
12. Inspect all cables and belts and connections prior to use. DO NOT use if any components are worn, frayed, or damaged.
13. DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.

4800-381 C

F

! CAUTION

Failure to correctly adjust could result in personal injury.

Always fully engage the detent pin before use to avoid injury.

8500-025 B

G

! CAUTION



Keep away from moving parts. Failure to do so could result in personal injury.

8500-026 A

E

! CAUTION

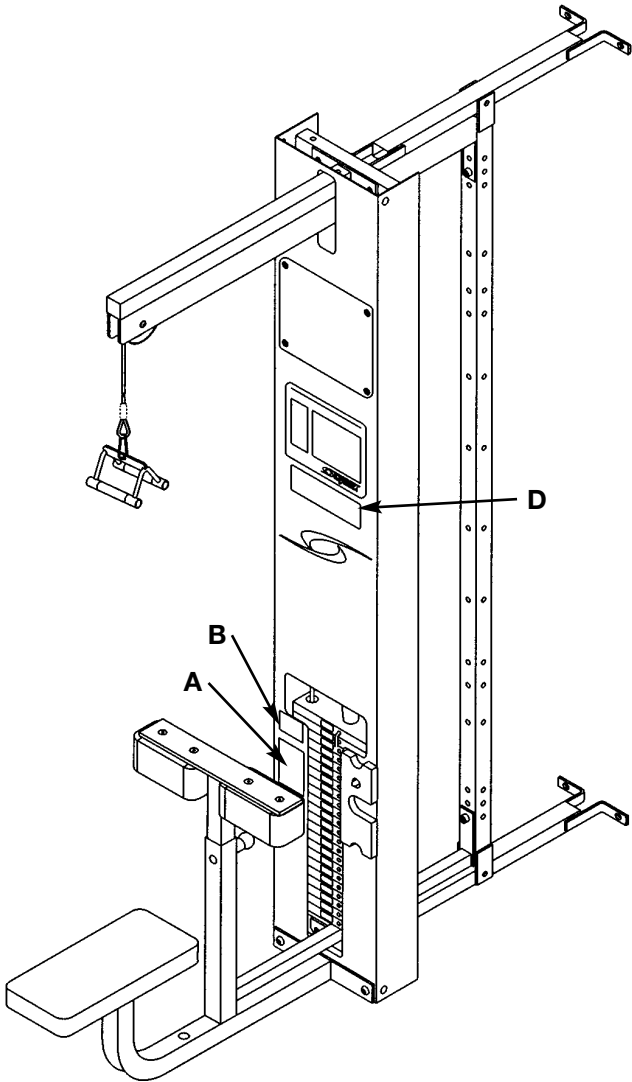
350 LBS MAXIMUM LOAD

DO NOT EXCEED MAXIMUM CROSS TUBE LOAD.

PERSONAL INJURY MAY RESULT.

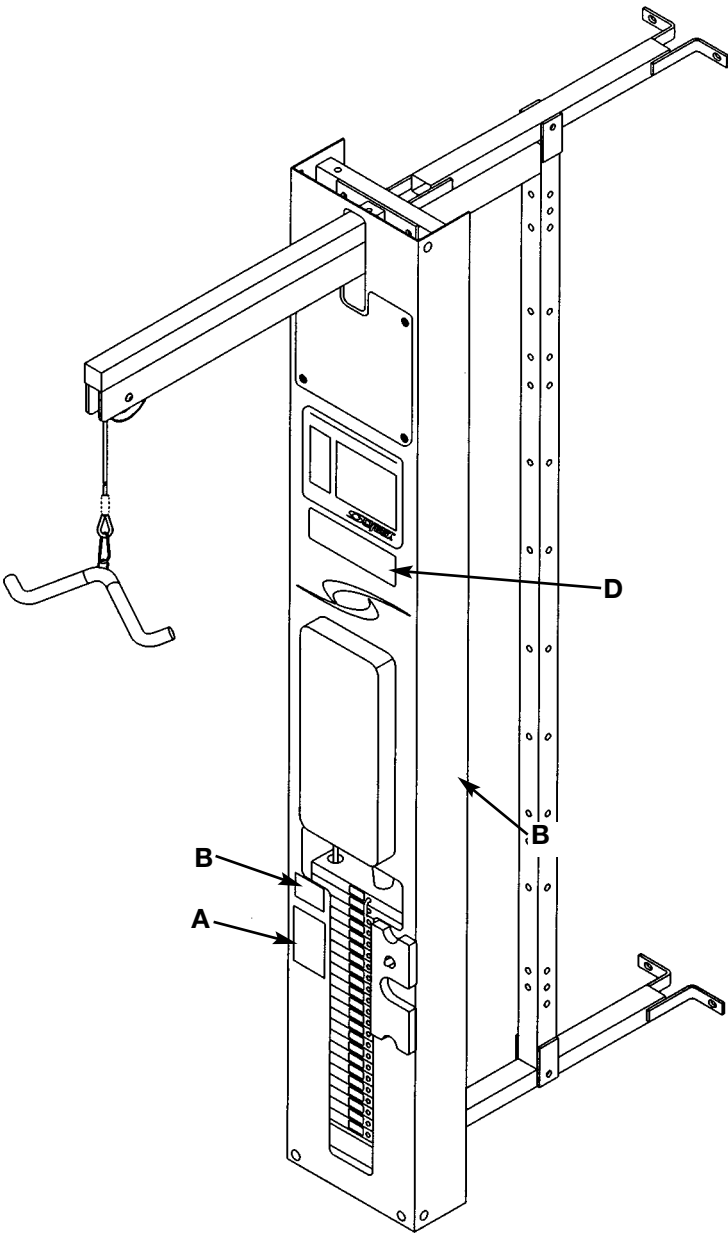
5649-329 A

Lat Pulldown - 5601



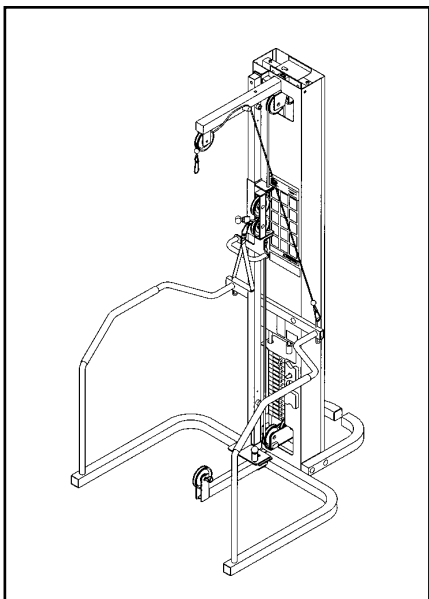
DESCRIPTION	PART NO.
A. Warning Decal	02521
B. Caution Decal	4000Y316
D. Warning Decal.....	4800-381

Tricep Pressdown - 5603



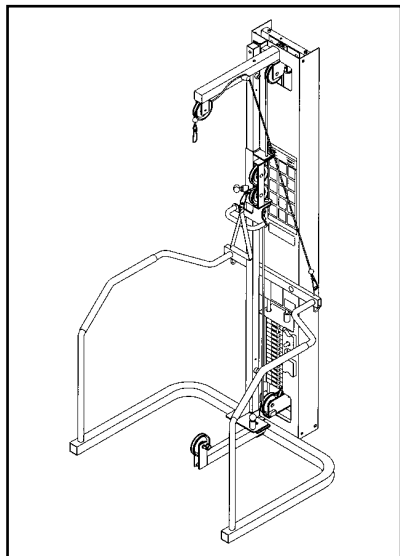
DESCRIPTION	PART NO.
A. Warning Decal	02521
B. Caution Decal	4000Y316
D. Warning Decal.....	4800-381

Cable Column - 5605/5315/5316/5633



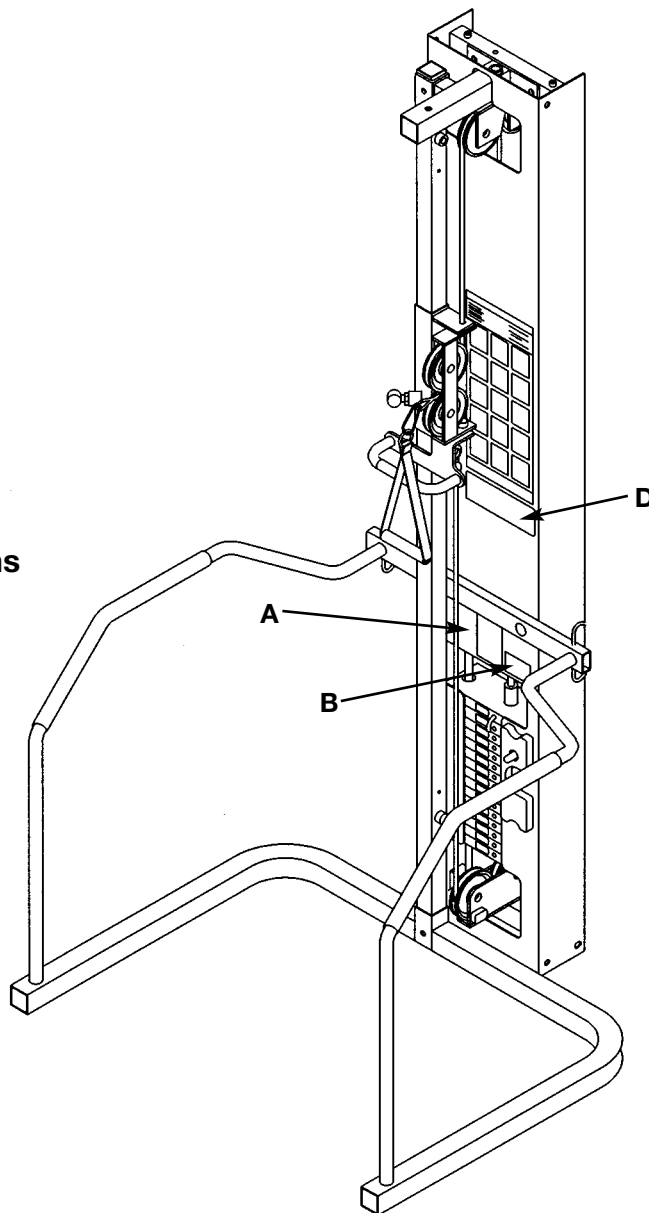
5315 - Free Standing without Booms

5316 - Free Standing with Booms



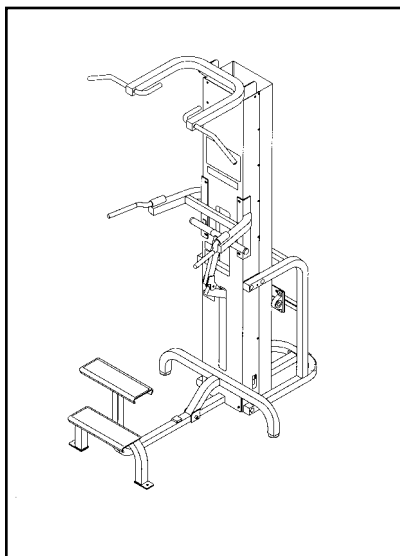
5633 - Modular with Booms

5605 - Modular without Booms

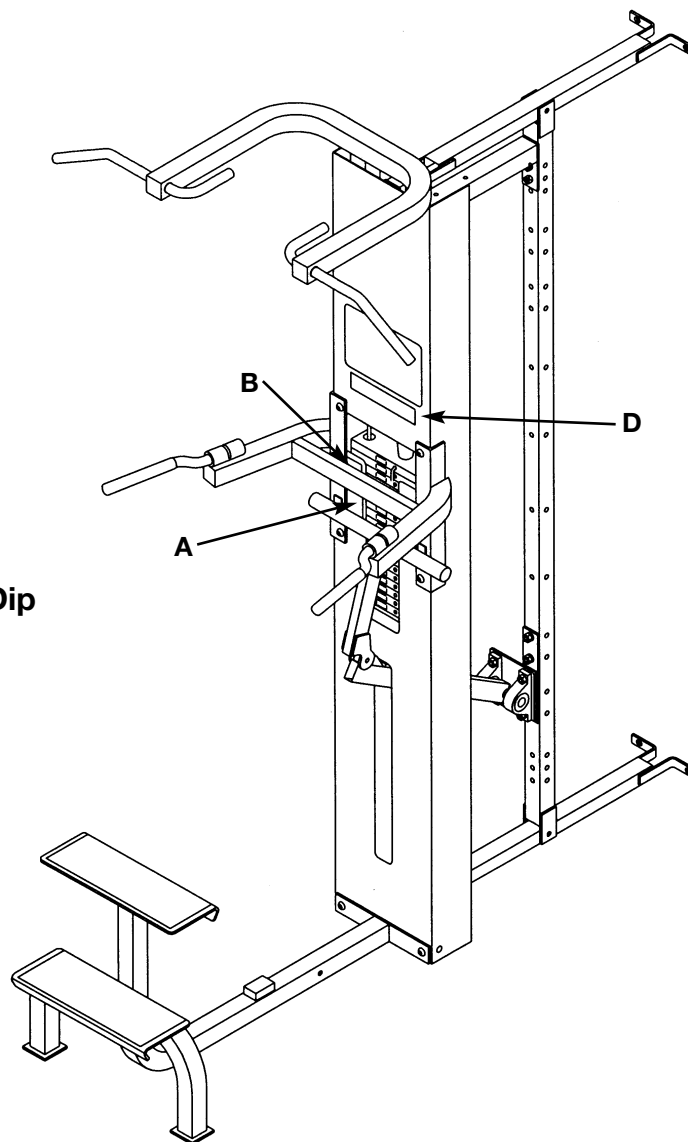


DESCRIPTION	PART NO.
A. Warning Decal	02521
B. Caution Decal	4000Y316
D. Warning Decal.....	4800-381

Assist Chin Up/Dip - 5611

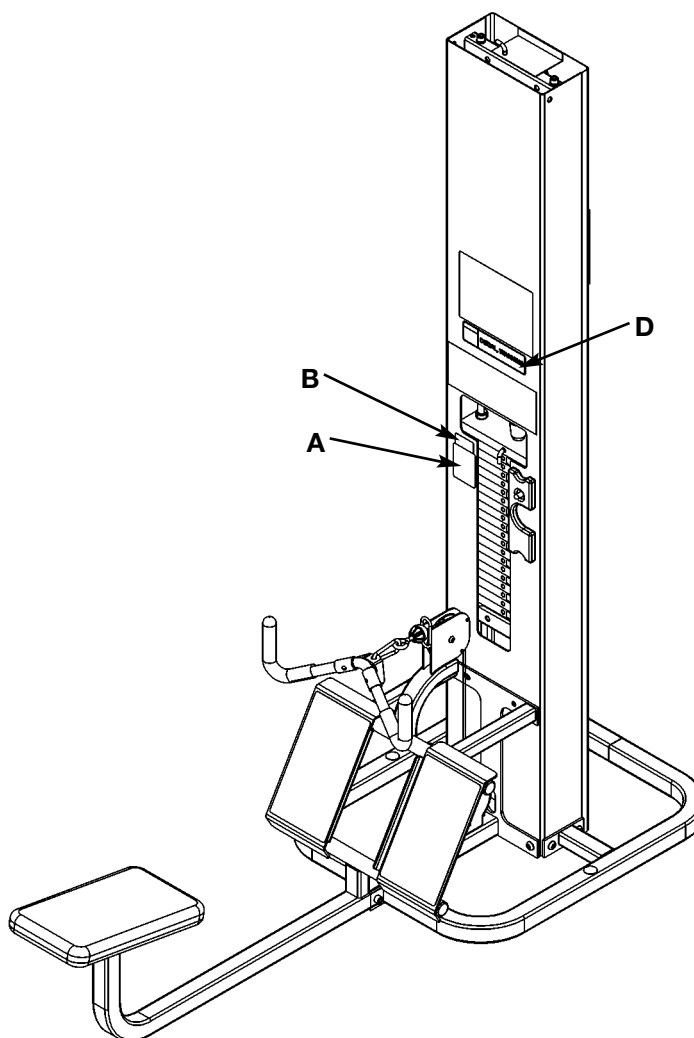


5345 - Single Station Chin-Up/Dip



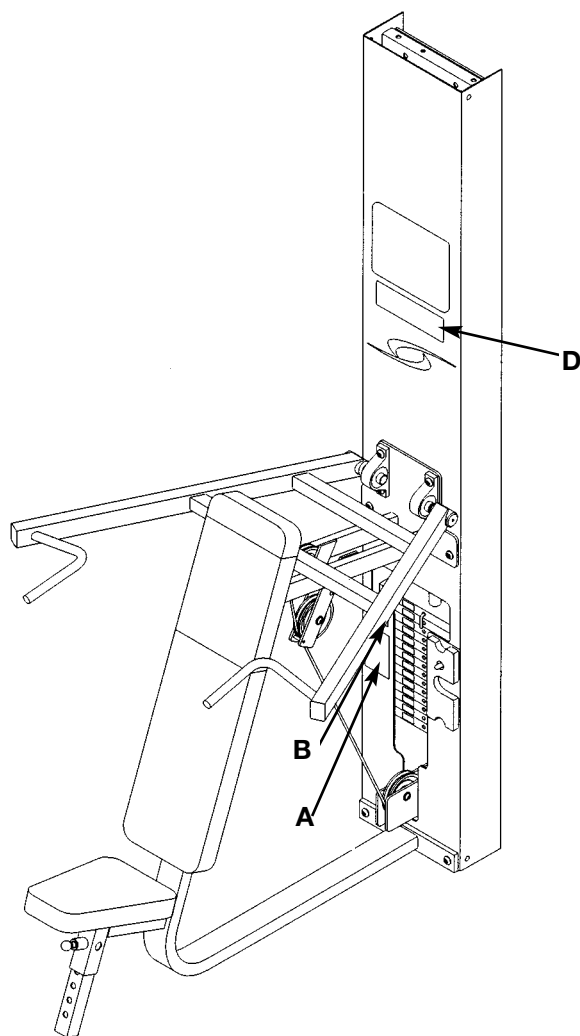
DESCRIPTION	PART NO.
A. Warning Decal	02521
B. Caution Decal	4000Y316
D. Warning Decal.....	4800-381

Low Row - 5651 and 5302



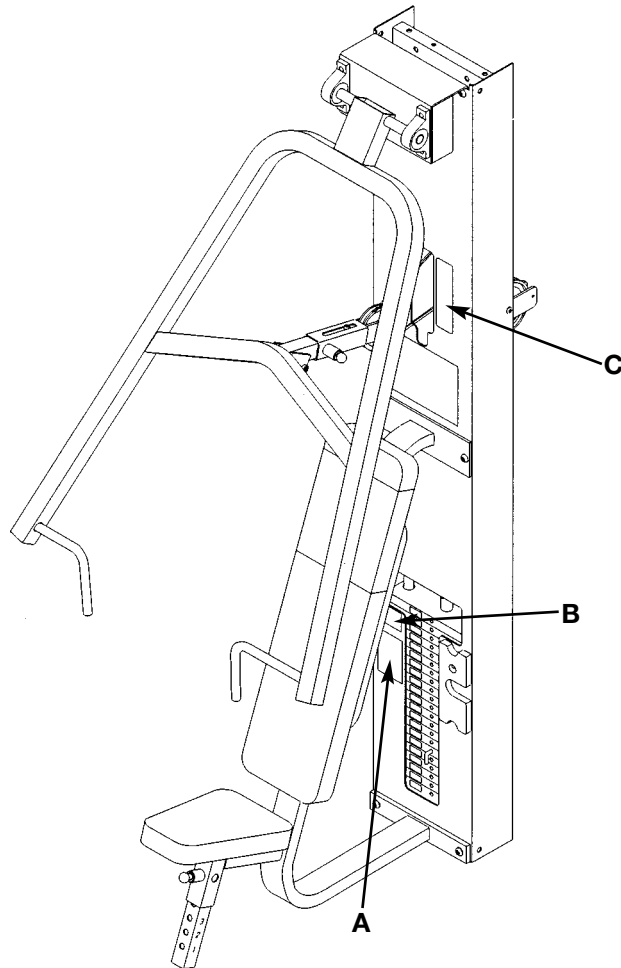
DESCRIPTION	PART NO.
A. Warning Decal	02521
B. Caution Decal	4000Y316
D. Warning Decal.....	4800-381

Shoulder Press - 5639



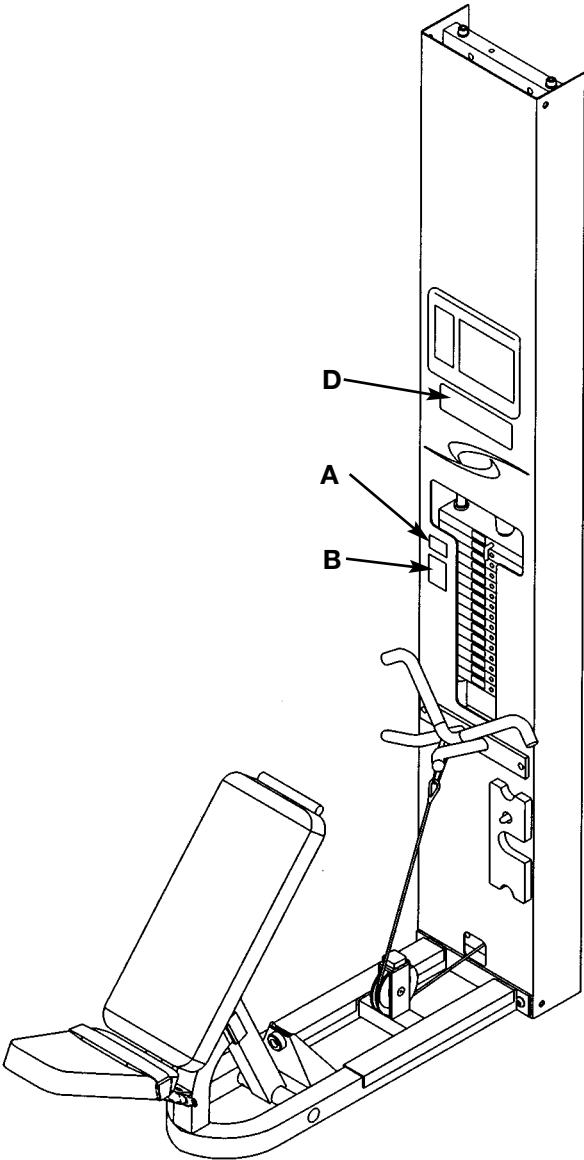
DESCRIPTION	PART NO.
A. Warning Decal	02521
B. Caution Decal	4000Y316
D. Warning Decal.....	4800-381

Chest Press - 5640



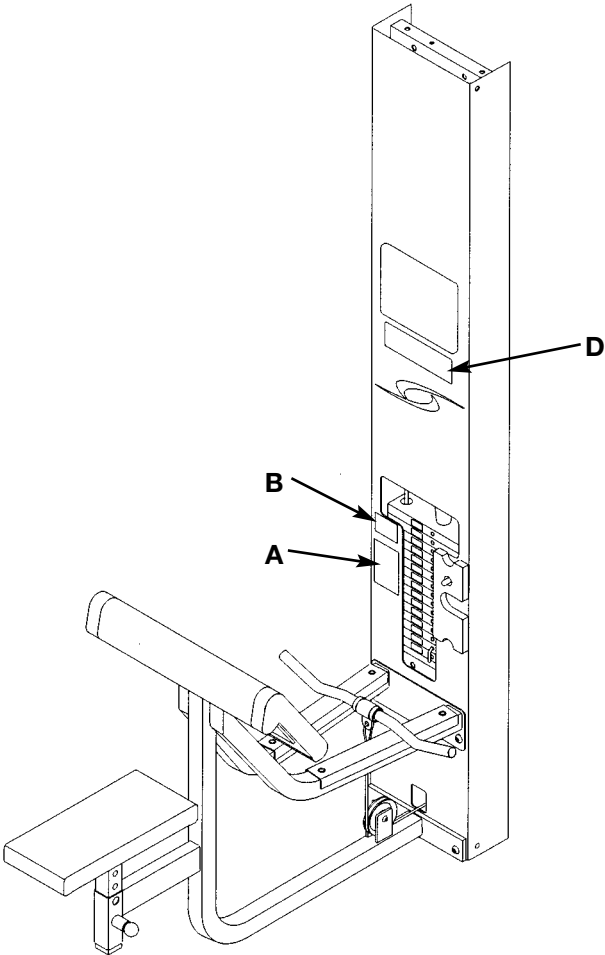
DESCRIPTION	PART NO.
A. Warning Decal	02521
B. Caution Decal	4000Y316
C. Warning Decal.....	4605-381

Tricep Extension - 5641



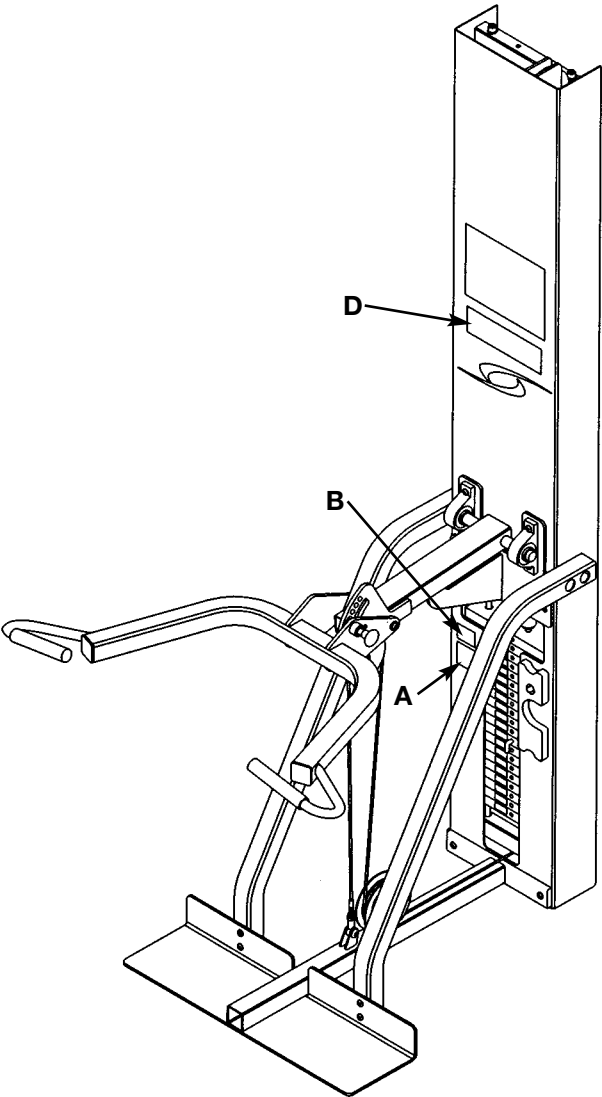
DESCRIPTION	PART NO.
A. Warning Decal	02521
B. Caution Decal	4000Y316
D. Warning Decal.....	4800-381

Arm Curl - 5644



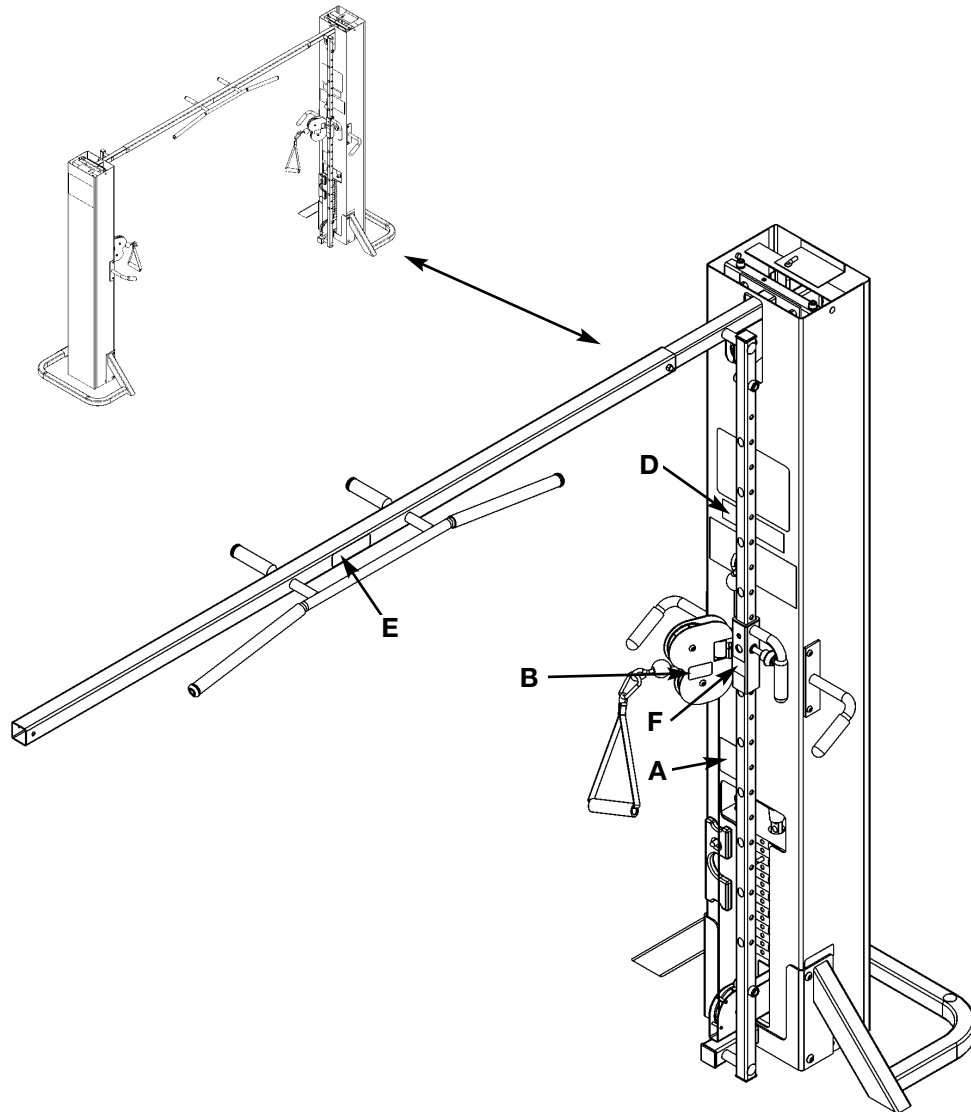
DESCRIPTION	PART NO.
A. Warning Decal	02521
B. Caution Decal	4000Y316
D. Warning Decal.....	4800-381

Pressing Station - 5647 and 5306



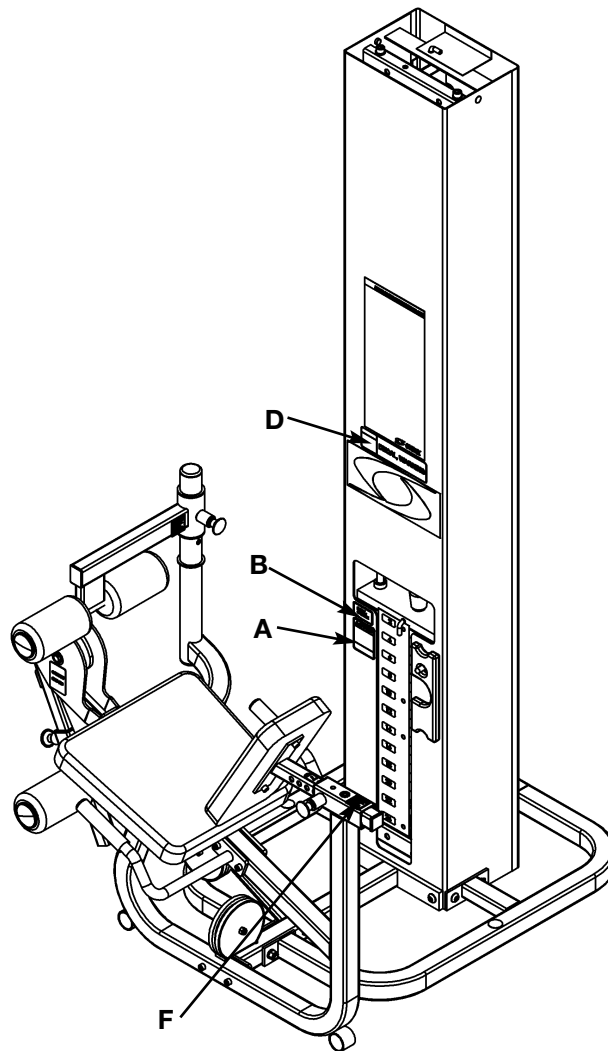
DESCRIPTION	PART NO.
A. Warning Decal	02521
B. Caution Decal	4000Y316
D. Warning Decal.....	4800-381

Cable Crossover - 5311, 5648, 5649 and 5650



DESCRIPTION	PART NO.
A. Warning Decal	02521
B. Caution Decal	4000Y316
D. Warning Decal.....	4800-381
E. Caution Decal	5649-329
F. Caution Decal	8500-025

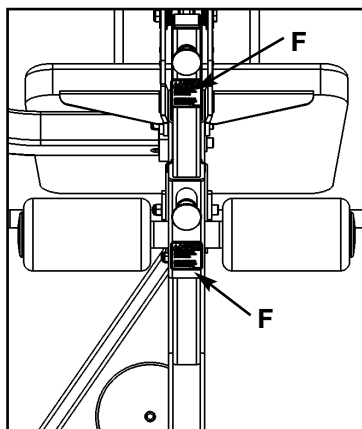
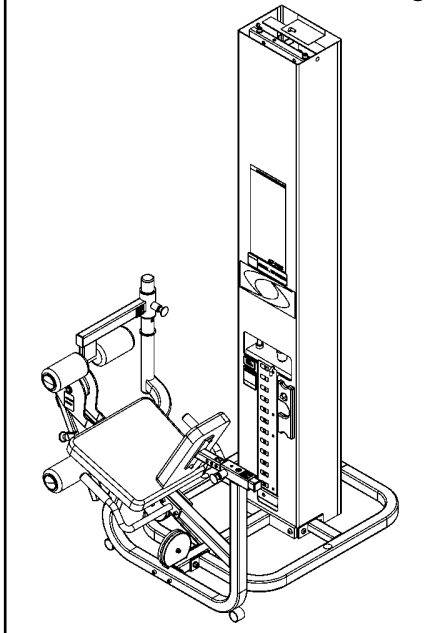
Seated Leg Press - 5652 and 5322



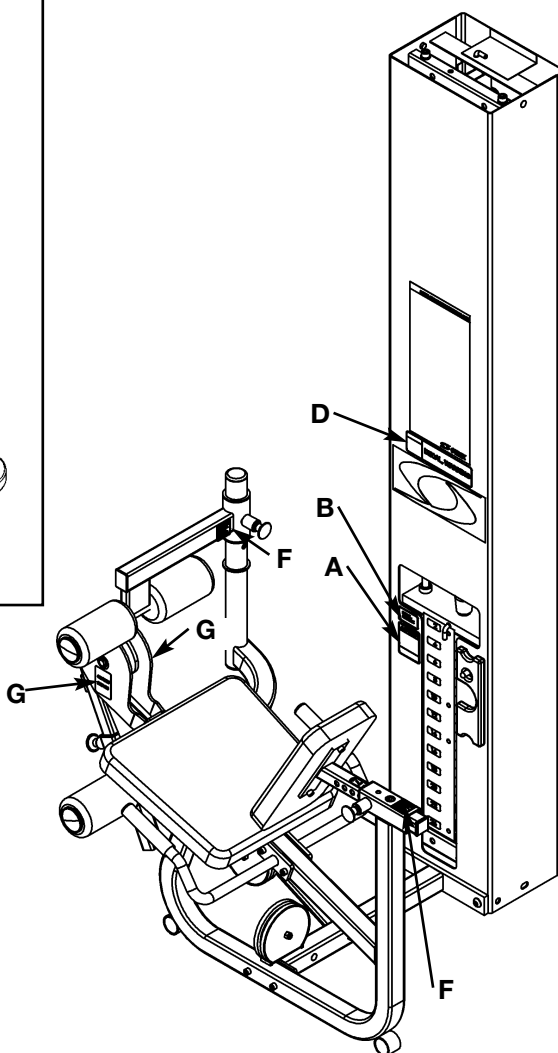
DESCRIPTION	PART NO.
A. Warning Decal	02521
B. Caution Decal	4000Y316
D. Warning Decal.....	4800-381
F. Caution Decal	8500-025

Leg Extension/Leg Curl - 5653 and 5307

Product No. 5307 - Freestanding



Product No. 5653 - Modular



DESCRIPTION	PART NO.
A. Warning Decal	02521
B. Caution Decal	4000Y316
D. Warning Decal.....	4800-381
F. Caution Decal	8500-025
G. Caution Decal	8500-026

Regular Maintenance Activities

Preventative maintenance activities must be performed to maintain normal operation of your equipment. Keeping a log sheet of all maintenance actions will assist you in staying current with all preventative maintenance activities. The preventative maintenance actions are described in detail in Chapter 5. Briefly, they include:

Daily

1. Clean upholstery.

Weekly

1. Inspect all nuts and bolts for looseness. Tighten as required.
2. Inspect all cables for damage or wear (see Chapter 5). **Immediately discontinue use if a cable is worn or damaged.**
3. Check for worn handles, worn snap links, and worn warning labeling. Replace all worn parts immediately.
4. Inspect weight stacks for proper alignment and operation. Correct all improper alignment and operation issues immediately.
5. Lubricate guide rods using automotive engine oil only.

Yearly

1. Replace all cables at least annually.

As Required

1. Inspect grips and replace as necessary.

Using Proper Form

Before working out, read and understand the exercises located on the placard and in Chapter 2.

2 - Exercise

5652/5322 - Modular Seated Leg Press

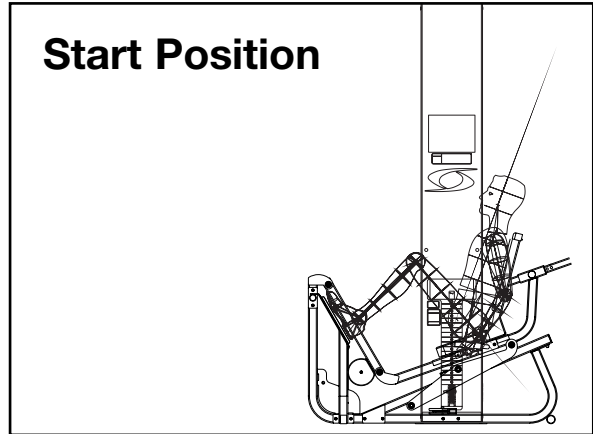
1. Select appropriate resistance.
2. Adjust seat mechanism to desired starting position.
3. Located feet securely on foot plates and position yourself squarely in seat.
4. Lift/lower resistance with smooth, controlled movements.

NOTE: Do not hyperextend (lock) knees during movement.

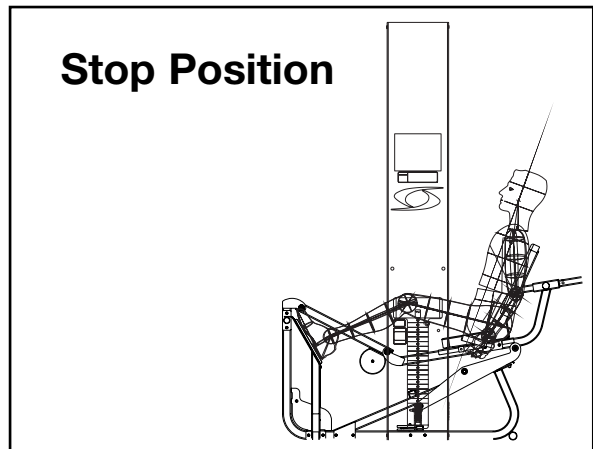
NOTE: The appropriate starting position will allow your feet to be securely located on the foot plates, legs to be placed at approximately 90 degrees and your back squarely positioned against back pad.

NOTE: Maintain proper back positioning during exercise to reduce chance of back injury.

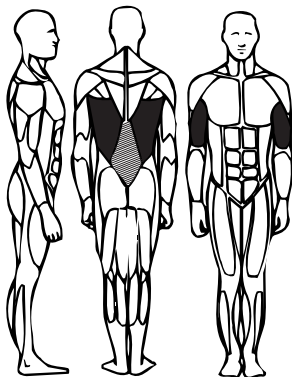
Start Position



Stop Position



MUSCLES TRAINED



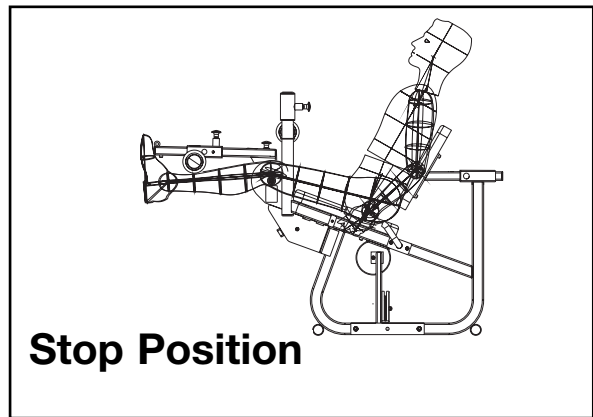
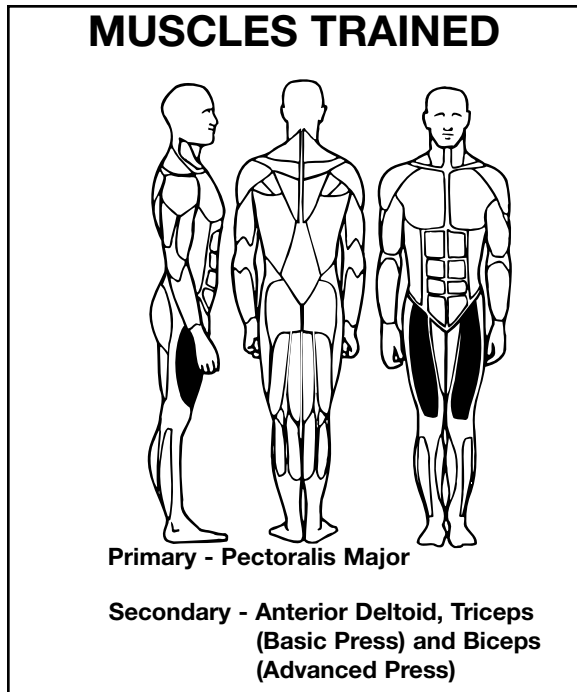
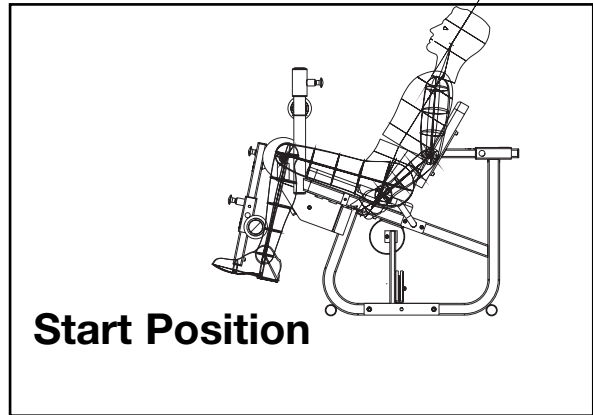
Primary - Pectoralis Major

**Secondary - Anterior Deltoid, Triceps
(Basic Press) and Biceps
(Advanced Press)**

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5653/5307 - Modular Leg Extension/Leg Curl

1. Select appropriate resistance.
2. Adjust back pad so that center of knees align with machine's axis of rotation.
3. Pull detent pin on input arm, lowering arm into one of the two start positions.
4. Pull detent pin and adjust height of lower leg pads to a height comfortable above ankles.
5. Lift/lower resistance with smooth, controlled movements without resting.



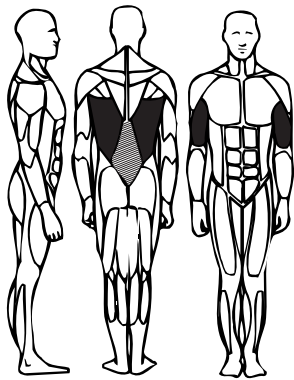
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5651/5302 - Modular Low Row

1. Select appropriate resistance.
2. Grasp handle and position feet securely on foot plate.
3. Position yourself comfortably on seat and maintain a slight bend in the knees.
4. Throughout the exercise keep back straight and upright.
5. Lift/lower resistance with smooth, controlled movements.

NOTE: For optimum performance and safety, avoid excessive bending of spine during exercise.

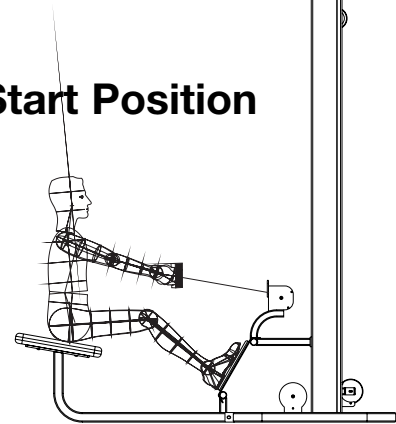
MUSCLES TRAINED



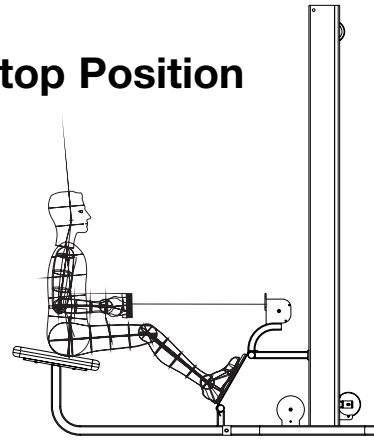
Primary - Biceps and Latissimus Dorsi

Secondary - Erector Spinae

Start Position



Stop Position

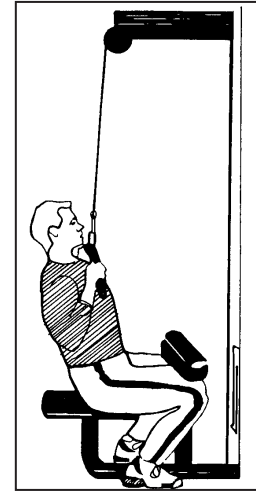


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5601 - Modular Lat Pulldown

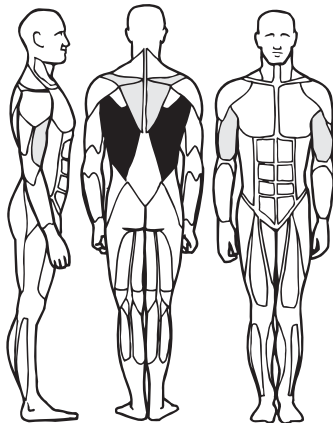
Read and understand all instructions and warnings prior to using this machine. See Chapter 1, *Safety* in the Modular Owner's Manual or consult with floor staff.

1. Adjust thigh pads to allow access and stabilization while exercising.
2. Select appropriate resistance.
3. Grasp bar and sit down, securing knees under thigh pads.
4. Lean back slightly at hips and maintain position throughout movement.
5. With chest up and shoulders held back, pull bar down in front to upper part of chest. Your elbows should move down to the sides of your body.
6. Return to the start position and repeat.
7. Lift/lower resistance with smooth, controlled movements.



NOTE: Grasping the bar excessively wide or narrow, does not increase muscular effectiveness. It only decreases your range of motion.

MUSCLES TRAINED



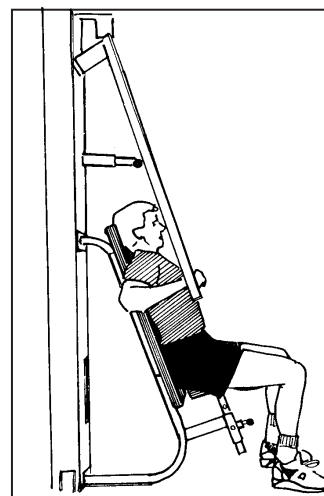
Primary - Latissimus Dorsi, Teres Major

Secondary - Biceps, Rhomboids and Lower Trapezius

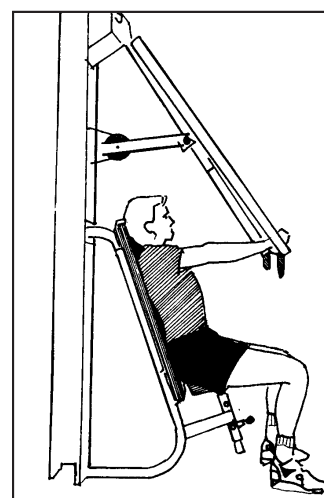
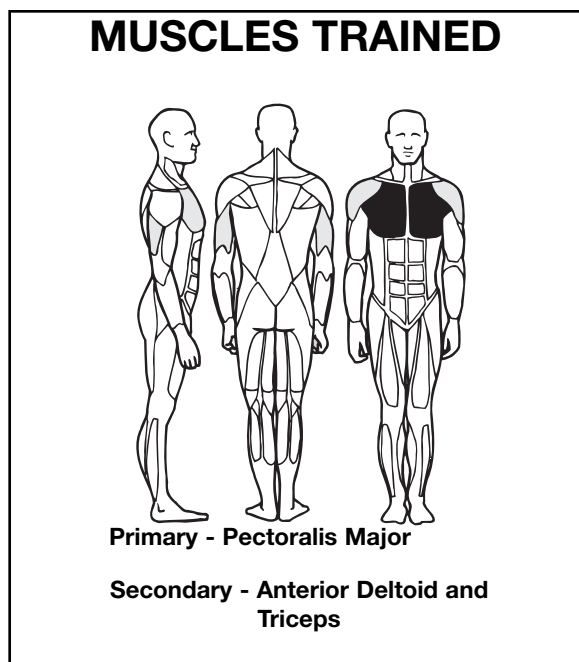
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5640 - Modular Chest Press

1. Adjust seat height so that handles are at mid-chest.
2. Adjust handle position so that when grasped, upper arms are straight to side.
3. Select appropriate resistance.
4. Grasp handles.
5. Position elbows out to side, level with handles.
6. With chest up and shoulders held back, press handles forward with a smooth, controlled movement.
7. Lift/lower resistance with smooth, controlled movements.



Start Position



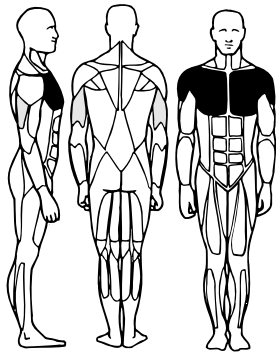
Stop Position

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5647/5306 - Modular Pressing Station

1. Select appropriate resistance.
2. Adjust the bench back pad angle (flat, 30, 40, 60, 80).
3. Adjust pressing arm to desired position.
4. Lift/lower resistance with smooth, controlled movements.

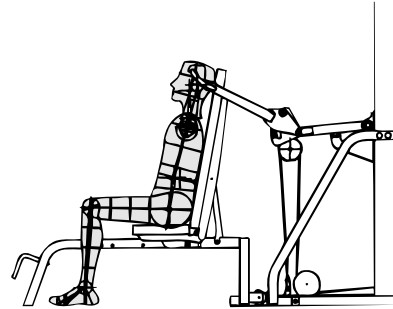
MUSCLES TRAINED



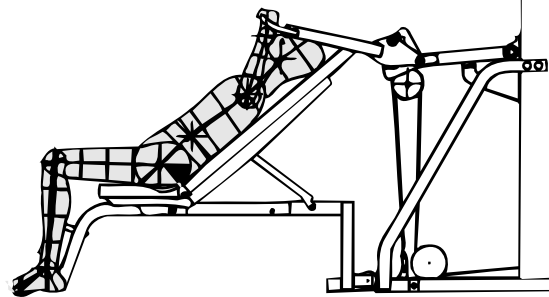
Primary - Pectoralis Major, Anterior Deltoids (depending upon bench angle)

Secondary - Triceps

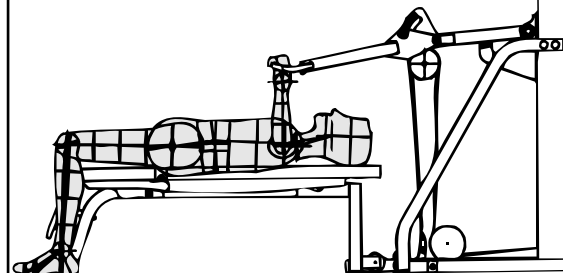
Start Position



Start Position



Stop Position



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5639 - Modular Shoulder Press

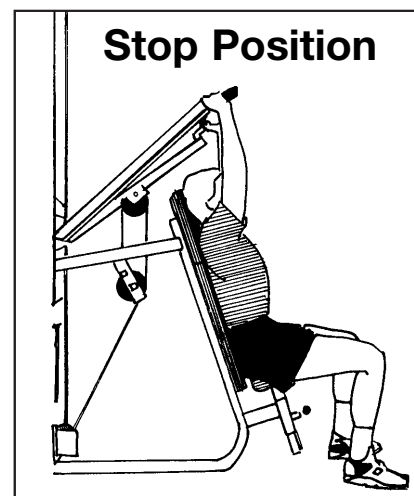
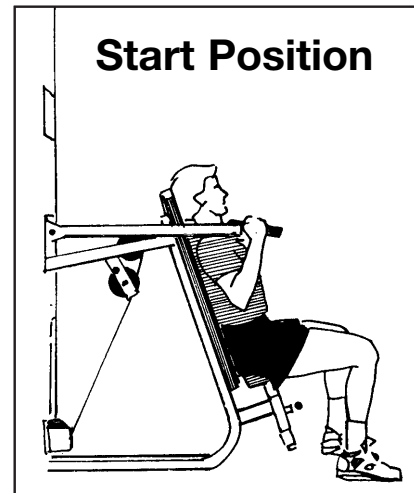
1. Adjust seat height so that handles are level with shoulders.

NOTE: Range of motion may be reduced by selecting a lower seat position.

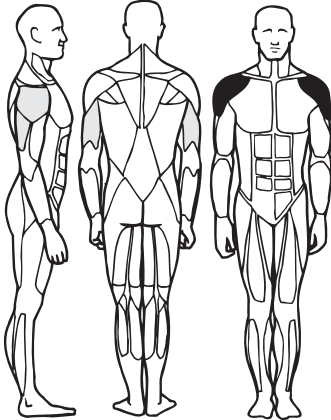
2. Select appropriate resistance.
3. Grasp either set of handles.

TIP: The parallel handles will help reduce shoulder impingement and may be more comfortable for some users.

4. Press straight up with a smooth, controlled movement.
5. Return to the start position and repeat.



MUSCLES TRAINED



Primary - Anterior Deltoids

Secondary - Middle Deltoids and Triceps

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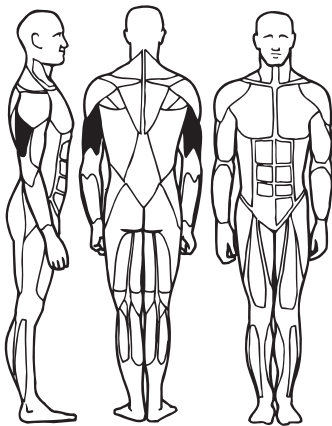
5603 - Modular Tricep Pressdown

1. Select appropriate resistance.
2. Attach the desired handle to the clip.
3. Position yourself with your hips and back firmly against back pad.
4. While leaning forward slightly, extend your arms downward maintaining your elbows in a stationary position.
5. Return to the start position and repeat.
6. Lift/lower with smooth, controlled movements.

NOTE: The appropriate grip position allows you to keep your chest up and shoulders held back while extending your arms.



MUSCLES TRAINED

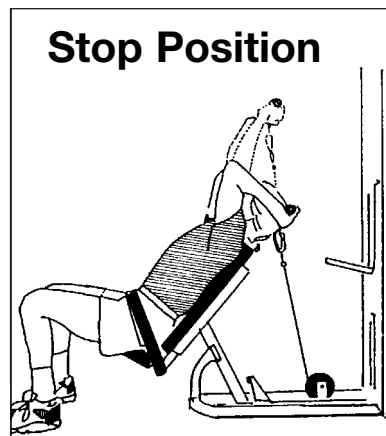
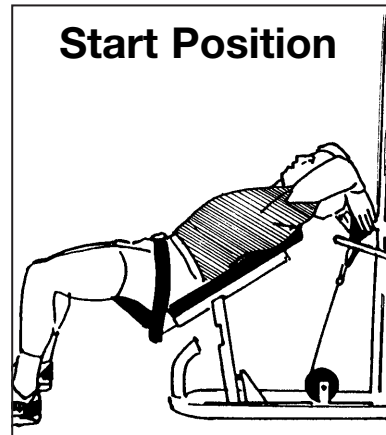


Primary - Triceps

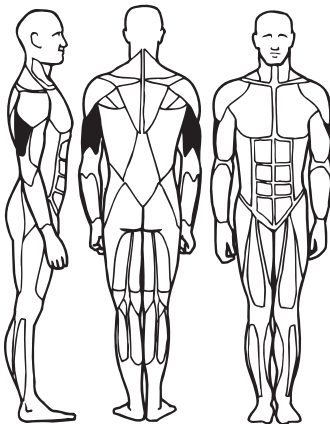
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5641 - Modular Tricep Extension

1. Select appropriate resistance.
2. Position yourself in chair, attaching seat belt to assist in stabilization.
3. Pivot chair backwards to grasp handle. Lower seat back down to begin exercise.
4. Maintain elbows in a stationary position while extending arms overhead.
5. Lift/lower resistance with smooth, controlled movements.
6. When exercise is complete, lean chair backwards to replace handle. Ensure handle has been securely replaced before letting go.



MUSCLES TRAINED

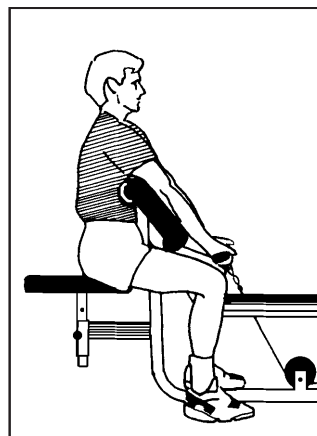


Primary - Triceps

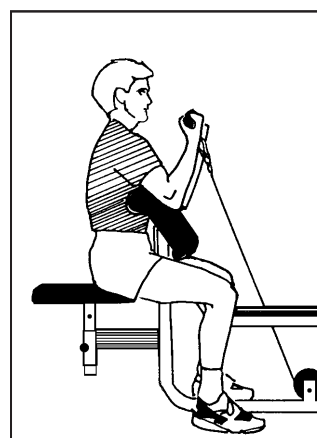
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5644 - Modular Arm Curl

1. Adjust seat height to allow your upper arms to rest on pad.
2. Select appropriate resistance.
3. Grasp bar, position arms parallel on pad.
4. Lower your shoulders, pressing your arms firmly into the pad, elevating your elbows slightly.
5. Curl arms as far as possible, maintaining your elbow position.
6. Return to the start position and repeat.
7. Lift/lower resistance with smooth, controlled movements.

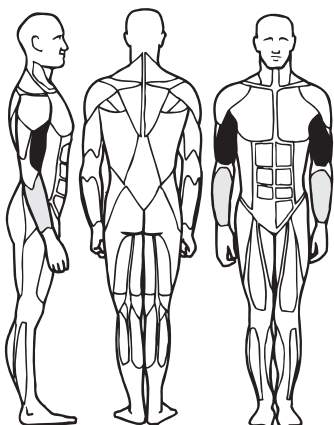


Start Position



Stop Position

MUSCLES TRAINED



Primary - Biceps

**Secondary - Brachioradialis and
Brachialis**

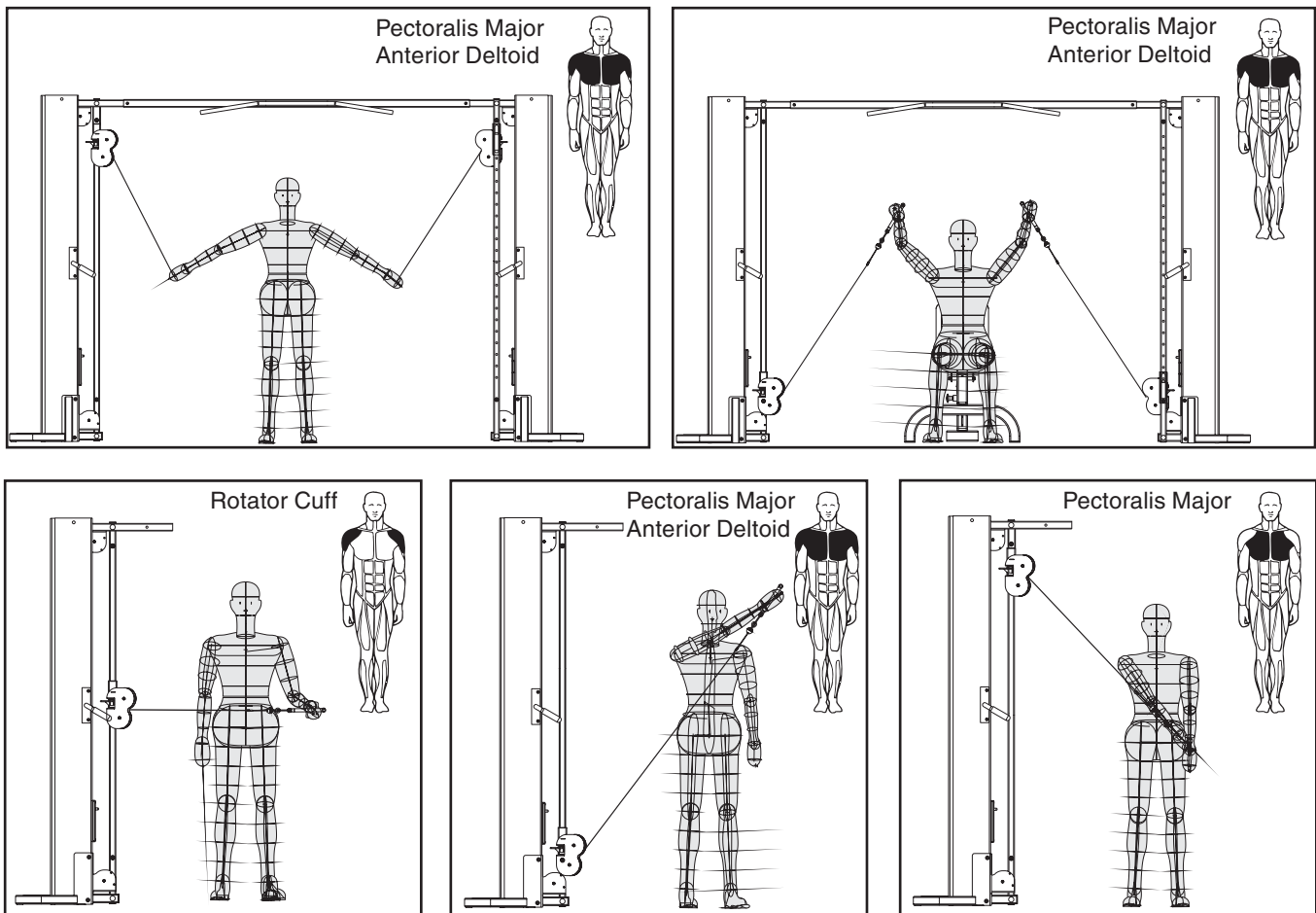
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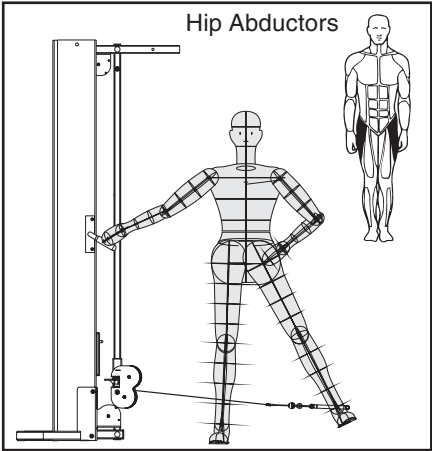
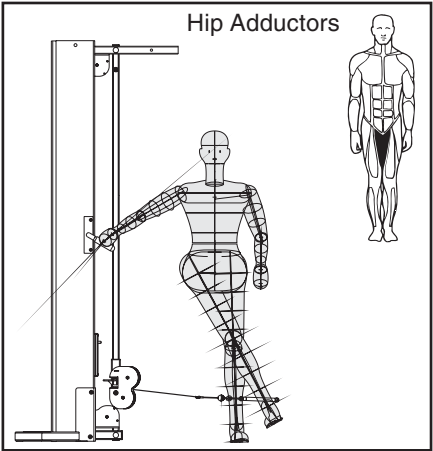
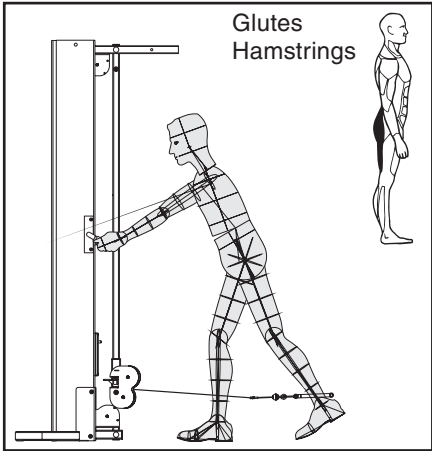
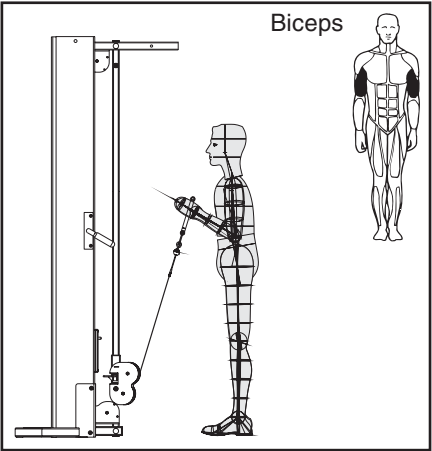
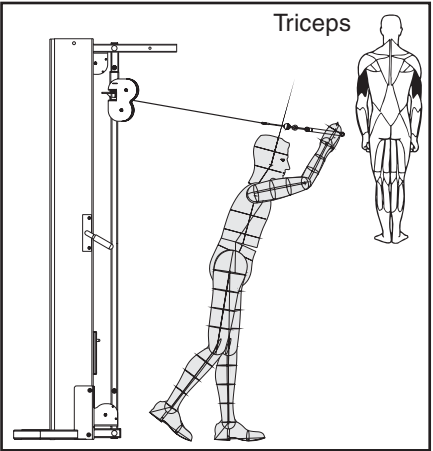
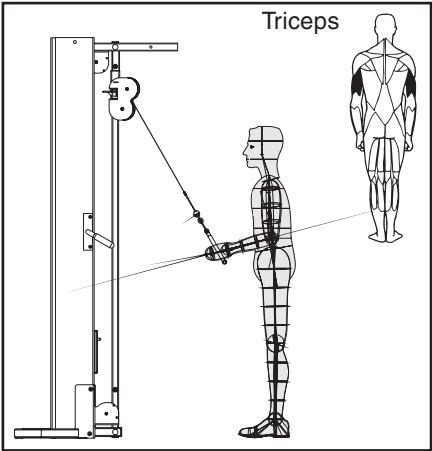
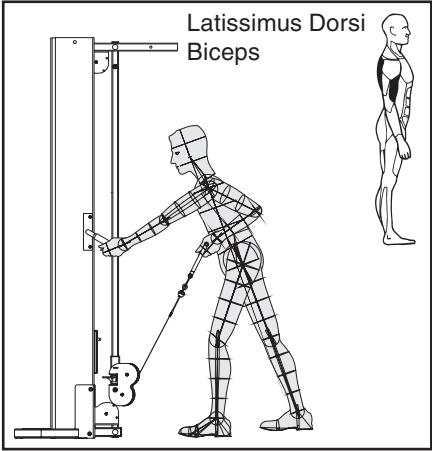
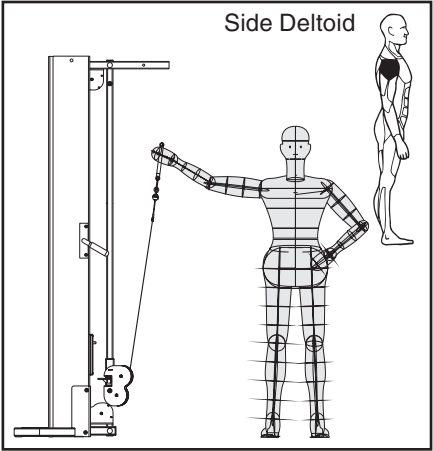
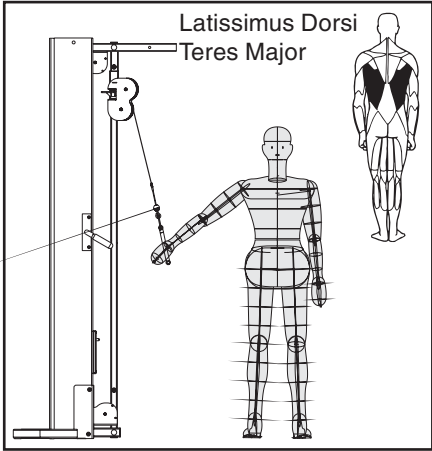
5648/5649/5650/5311 - Modular Cable Crossover

The Cable Crossover is a very versatile machine. With the use of various handles, virtually every body part can be trained.

1. Select appropriate resistance.
2. Adjust pulley height by grasping handle, pulling detent pin, sliding mechanism to desired height. Ensure that pin is locked into place before releasing handle.
3. Grasp handle securely and lift/lower resistance with smooth, controlled movements.

NOTE: Exercises may be performed in either linear or diagonal patterns.



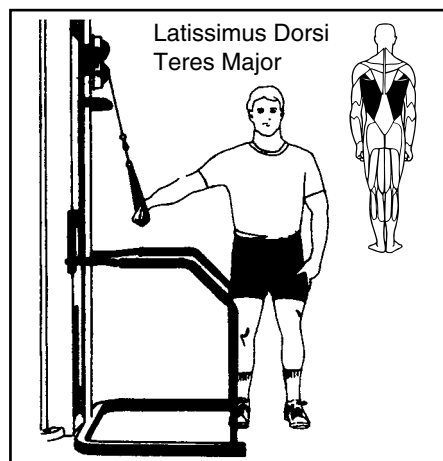
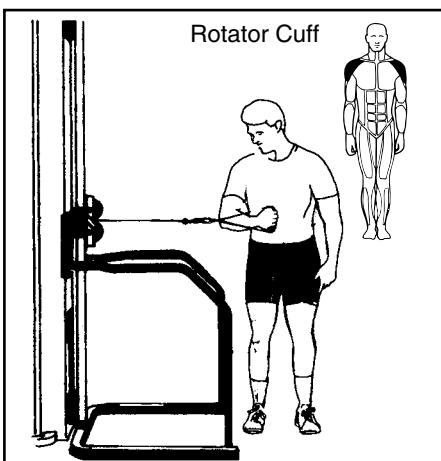
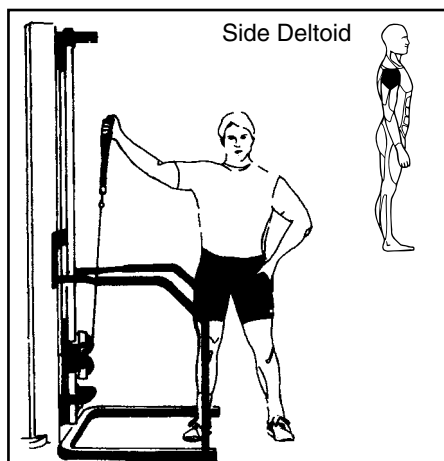
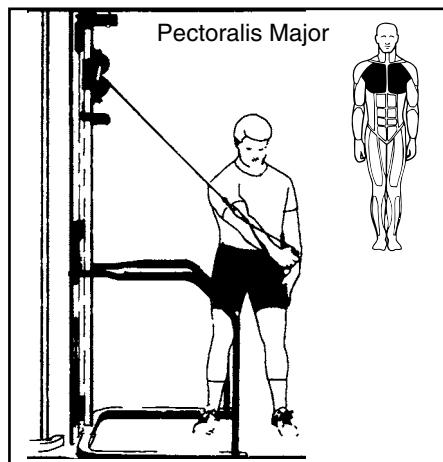
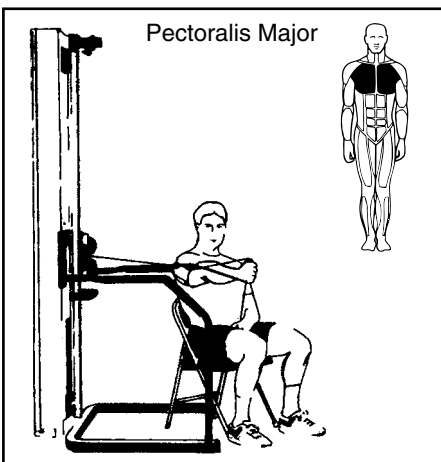
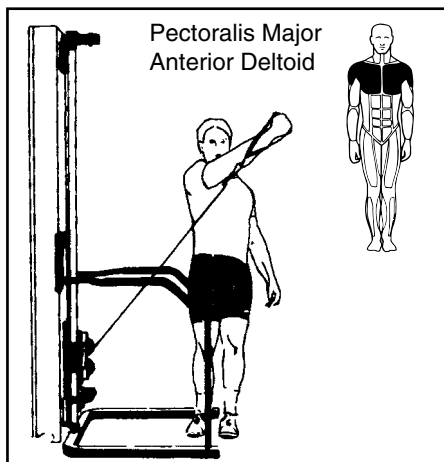


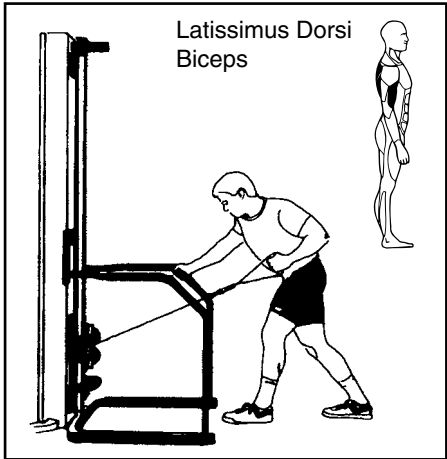
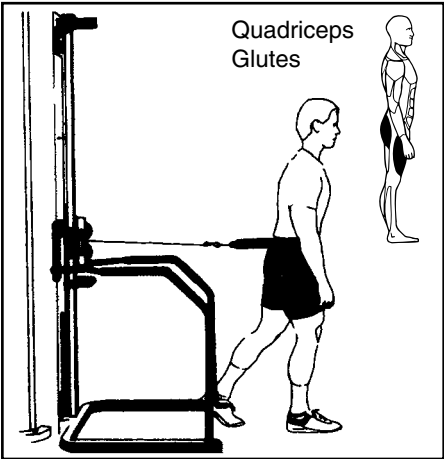
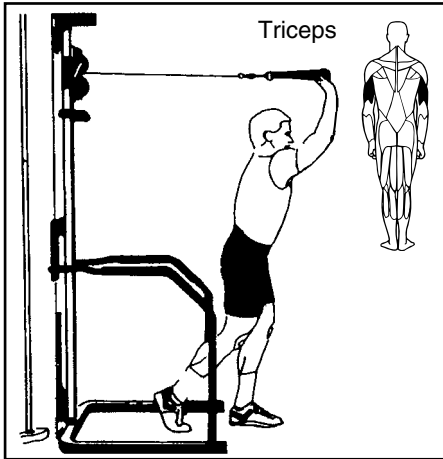
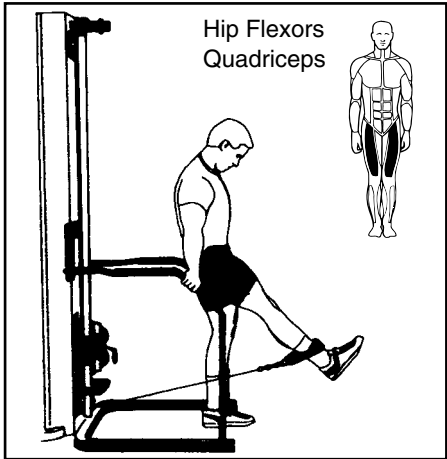
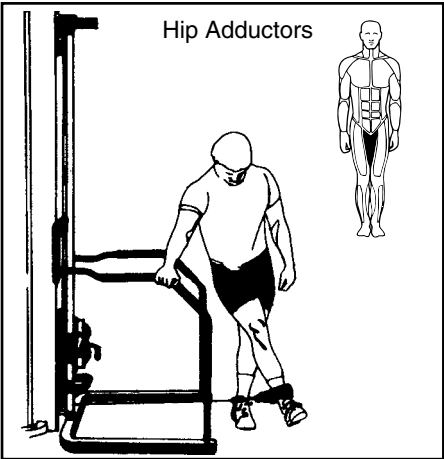
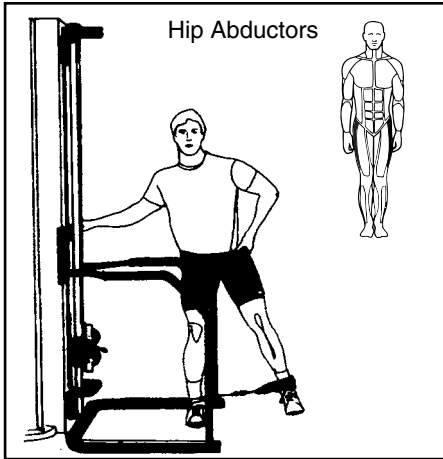
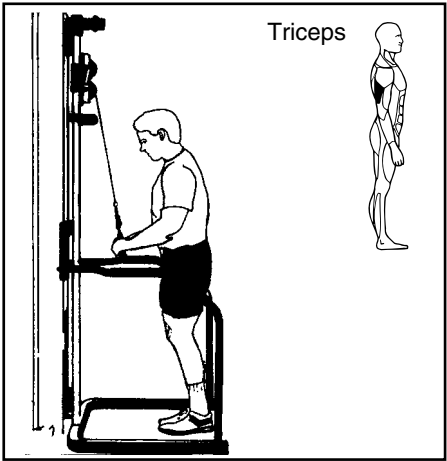
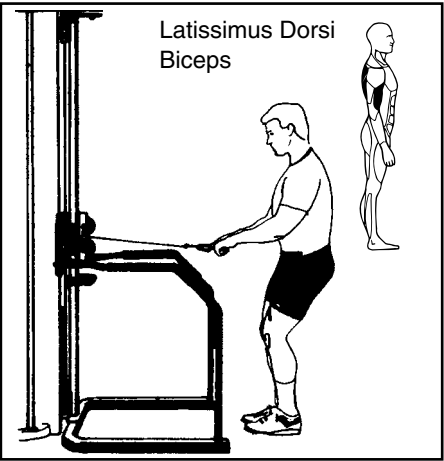
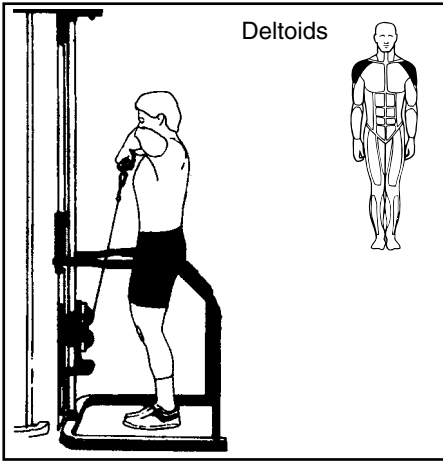
5605.5633/5315/5316 - Modular Cable Column

The Cable Column is a very versatile machine. With the use of various handles, virtually every body part can be trained.

1. Select appropriate resistance.
2. Adjust pulley height by grasping handle, unlocking twist knob, sliding mechanism to the desired height. Ensure that the twist knob has been locked before releasing handle.
3. Grasp handle securely and lift/lower resistance with smooth, controlled movements.

NOTE: Exercises may be performed in either linear or diagonal patterns.



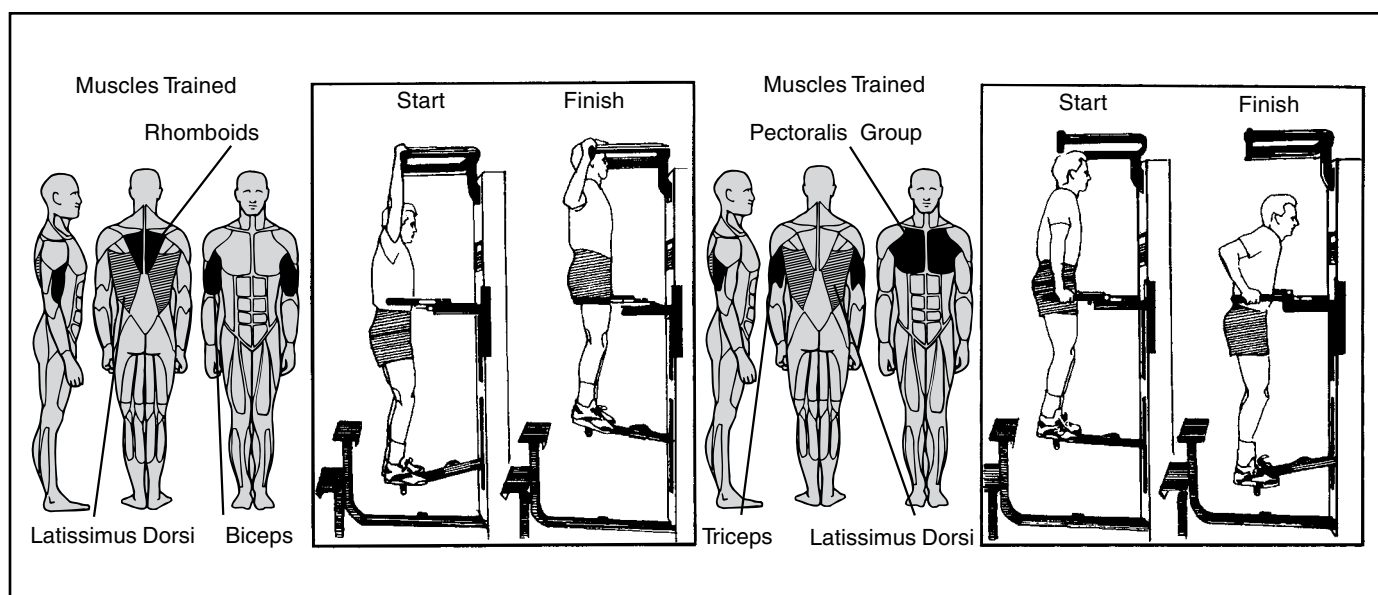


5611 Modular Assisted Chin-Up/Dip and 5345 - Single Station Dip/Chin

1. Select assisted (foot support down) or unassisted (foot support pivots up against tower) dip or chin exercise.
2. Select appropriate resistance.
3. Select wide or narrow grip position.
4. Grasp exercise handles securely.
5. For assisted dip or chin exercise, place feet firmly on the foot support.
6. Lift/lower body with smooth, controlled movements.

NOTE: Exit machine from top step only! Do not exit machine from ground level.

Plate No.	Assist (Pounds)
4	16
5	22
6	28
7	34
8	40
9	46
10	52
11	58
12	64
13	70
14	76
15	82
16	88
17	94
18	100
19	106
20	112



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3 - Customer Service

Contacting Service

Hours of phone service are Monday through Friday from 8:00 a.m. to 6:00 p.m. Eastern Standard Time.

For Cybex customers living in the USA, contact Cybex Customer Service at **800-766-3211**. Your options at this number include:

- Press **63** to place a parts order or to check parts order status.
- Press **64** to speak to a technical support representative regarding troubleshooting or to schedule a field service call.
- Press **65** to check status of a repair order only and you have your RRM number.
- Press **66** to check status of a dispatched field service call and you have your inquiry number.
- Press **67** for service of a medical or isokinetic product.
- Press **0** to go to the Cybex operator.

For Cybex customers living outside the USA, contact Cybex Customer Service at **508-533-4300** or fax **508-533-5183**.

Order parts and find information on the web at www.eCybex.com or by e-mail at techhelp@cybexintl.com.

Ordering Parts

Visit eCybex.com to shop for parts online or fax your order to **508-533-5183**.

To speak with a customer service representative, call **800-766-3211** (for customers living within the USA) or **508-533-4300** (for customers outside the USA). You may also contact us through email at techhelp@cybexintl.com

Having the following information ready when calling will assist our Cybex representatives in serving you:

- **Unit Serial Number**
- **Product Name**

The unit serial number and product name can be found on the serial number decal. See Chapter 6 for exact location of serial number decal.

- **Part Description**
- **Part Number**

Part descriptions and part numbers are located in Chapter 6 of this manual.

- **Shipping Address**
- **Contact Name**

In addition to your shipping address and contact name, your account number is helpful but not required.

Return Material Authorization (RMA)

The Return Material Authorization (RMA) system outlines the procedures to follow when returning material for placement, repair, or credit. The system assures that returned materials are properly handled and analyzed. Follow the following procedures carefully.

Contact your authorized Cybex dealer on all warranty-related matters. Your local Cybex dealer will request a RMA from Cybex, if applicable. Under no circumstances will defective parts or equipment be accepted by Cybex without proper RMA and an Automated Return Service (ARS) label.

1. Call the Customer Service Hotline listed above for the return of any time that is defective.
2. Provide the technician with a detailed description of the problem you are having or the defect in the item you wish to return.
3. Provide the model and serial number of your Eagle equipment
4. At Cybex's discretion, the technician may request that you return the problem part(s) to Cybex for evaluation and repair or replacement. The technician will assign you a RMA number and will send you an ARS label. The ARS label and the RMA numbers must be clearly displayed on the outside of the package that contains the item(s) to be returned. Include the description of the problem, the serial number of the Eagle equipment and the name and address of the owner in the package along with the part(s).
5. Forward the package through UPS to Cybex.
Attn: Customer Service Department
Cybex International, inc.,
10 Trotter Drive
Medway, MA 02053

NOTE: Merchandise returned without an RMA number on the outside of the package or shipments sent C.O.D. will not be accepted by the Cybex receiving department.

Damaged Parts

Materials damaged in shipment should not be returned for credit. Shipping damages are the responsibility of the carrier (UPS, Federal Express, trucking companies, etc.)

Apparent Damage - Upon receipt of your shipment, check all items carefully. Any damage seen with a visual check must be noted on the freight bill and signed by the carriers agent. Failure to do so will result in the carriers refusal to honor your damage claim. The carrier will provide you with the required forms for filing such claims.

Concealed Damage - Damage not seen with a visual check upon receipt of a shipment but notices later must be reported to the carrier as soon as possible. Upon discovery of the damage, a written or phone request to the carrier asking them to perform an inspection of the materials must be made within ten days of the delivery date. Keep all shipping containers and packing materials as they will be needed in the inspection process. The carrier will provide you with an inspection report and the necessary forms for filing a concealed damage claim. Concealed damage claim is the carriers responsibility.

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4 - Assembly

NOTE: Refer to Chapter 6 (Assembly and Service) for further assembly information.

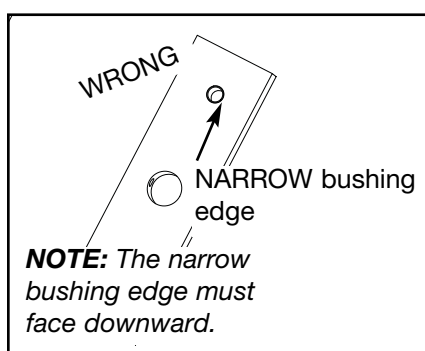
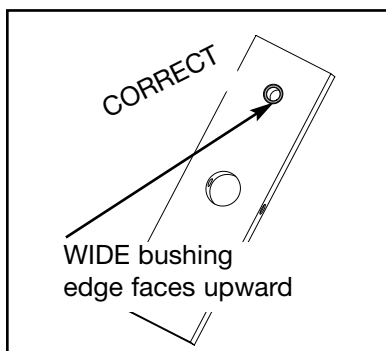
Weight Stack Installation

TOOLS REQUIRED

- 5/16" Allen wrench
- Soft hammer
- Medium weight automotive engine oil

NOTE: Refer to the appropriate Assembly & Parts Instruction sheet (weight stack diagrams) when performing the procedure listed below.

1. Remove the two socket head cap screws securing the guide rods.
2. Carefully lean guide rods away from column.
3. Remove guide rod collets and plastic caps.
4. Wipe guide rods clean over entire length. Lubricate with light coating of medium weight automotive engine oil.
5. Install each weight plate one at a time, starting with the last plate (going from highest numerical value to lowest). **NOTE:** For 15 and 25 weight plate stacks, the first plate installed has no number. **NOTE:** When installing weight plates, position plates so wide edges of bushings face upward and narrow edges of bushings face downward. See example below..



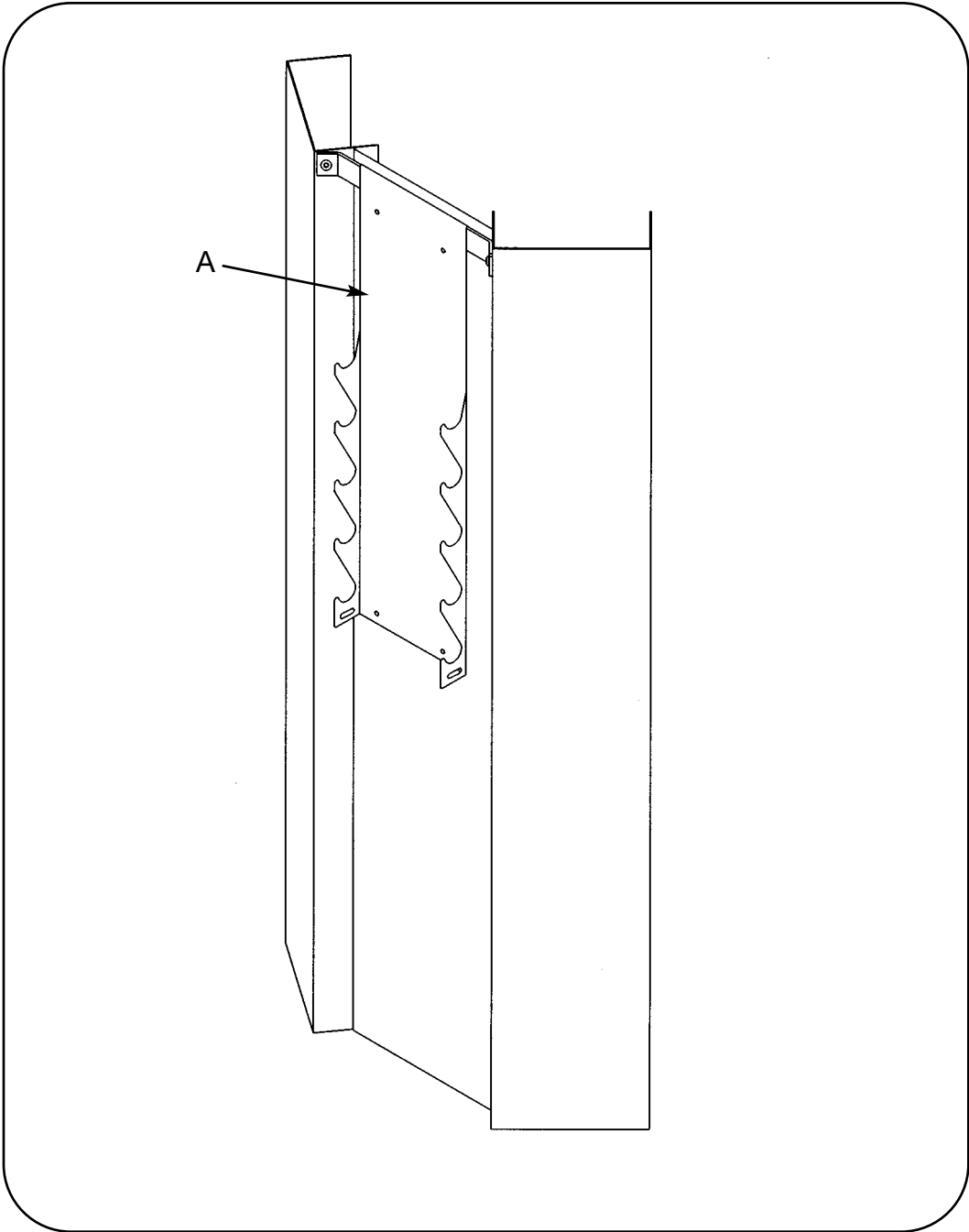
6. Install top weight.
7. Replace plastic caps and guide rod collets on guide rods.
8. Return guide rods to full upright position.

9. Insert both socket head cap screws that were removed in step 1 and tighten securely.
10. Insert cable end into top weight and align cable fitting opening with opening in top weight for proper cable tension. **NOTE:** See *Cable Adjustment and Installation Section*.
11. Using a hammer drive roll pin through top plate connector and cable fitting. Assure pin is flush with top plate collar.
12. Insert selector pin into each plate to assure proper alignment. See Cable Adjustment and Installation section if selector pin does not fit smoothly, or if cable appears to have excessive slack.
13. Place half weight on weight peg (if applicable).

MODULAR HANDLE RACK

5631

ASSEMBLY & PARTS



DESCRIPTION	PART NO.
A. Handle Rack.....	5631

5631 - Handle Rack

ITEM	QTY	PART NO.	DESCRIPTION
1	1	01930	Handle Rack
2	4	PU060205	Rubber Bumper .88" T
3	2	JC780417	BHSCS .50-13 x 1.00
4	2	HN784000	Hex Nut .50-13
5	2	JS388300	Lockwasher .50
6	1	01937	Mounting Plate

TOOLS REQUIRED

- 5/16" Allen wrench
- 3/4" Wrench

MOUNTING HANDLE RACK ON MODULAR UNITS

1. Install mounting plate (item 6) between towers with BHSCS (item 3), hex nut (item 4), and lockwasher (item 5).
2. Remove paper backing from one of the pieces of tape that is located on backside of Handle Rack (item 1). Place a rubber bumper (item 2) on the tape. Repeat this step until all four bumpers have been placed on the Handle Rack.
3. Hang handle rack (item 1) over top edge of mounting plate (item 6).
NOTE: Be sure that the rubber bumpers rest against the perforated panel.

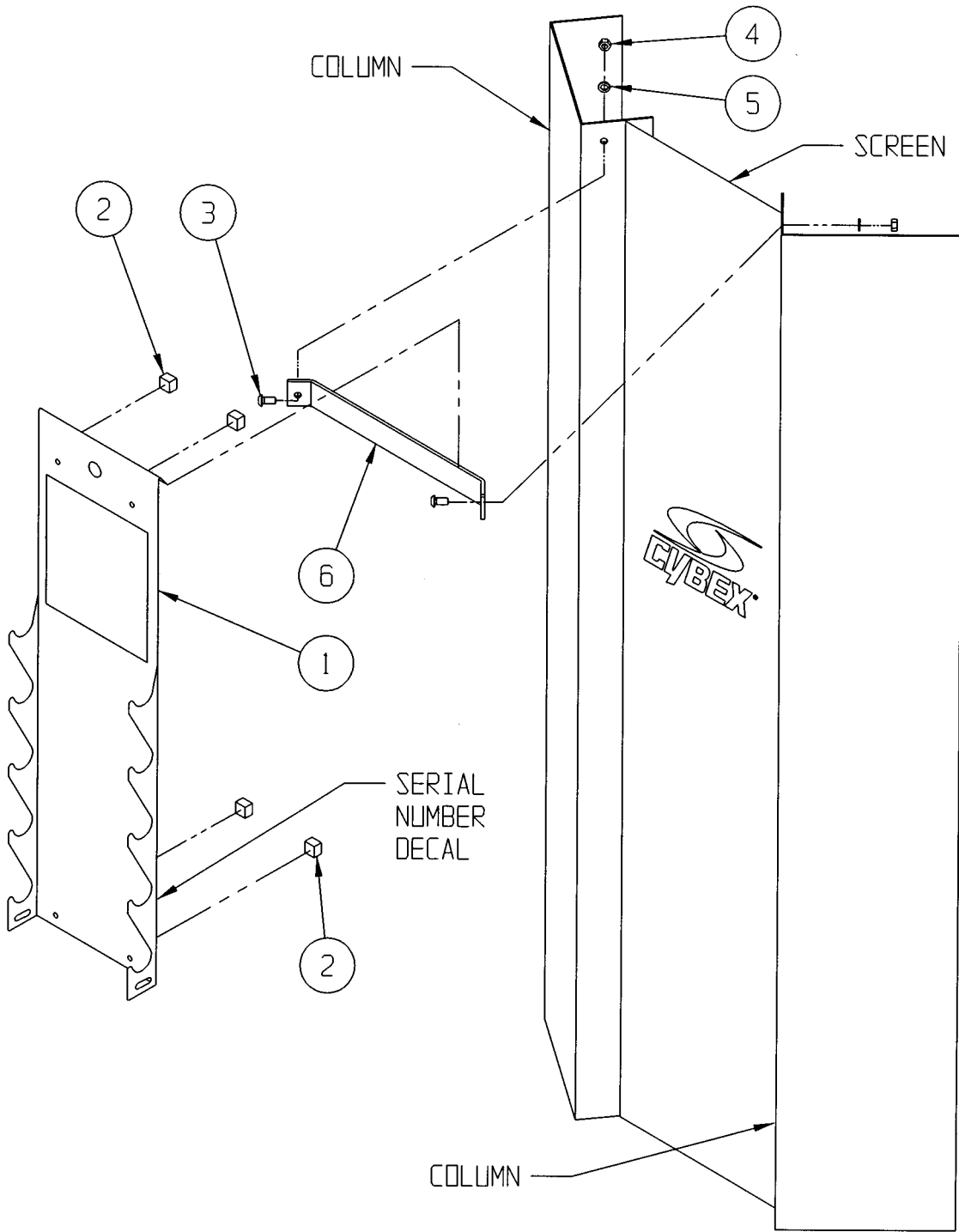
MOUNTING HANDLE RACK ON ANY UNITS WITH A BACK COVER

1. Remove paper backing from the four pieces of tape located on backside of Handle Rack (item 1).
2. Secure Handle Rack to back cover of unit.

MOUNTING HANDLE RACK TO A WALL

1. Remove paper backing from one of the pieces of tape that is located on backside of Handle Rack (item 1). Place a rubber bumper (item 2) on the tape. Repeat this step until all four bumpers have been placed on the Handle Rack.
2. Position handle rack against the wall (or mounting surface). Mark holes on the wall through the four mounting holes in the Handle Rack.
3. Secure Handle Rack to the wall using the proper tools and hardware.

NOTE: This machine shipped with an Owner's Manual. Additional copies can be obtained by contacting your dealer or a Cybox Representative at 1-888-462-9239.



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Modular Mover

5632

Assembly Instructions

TOOLS REQUIRED

- 3/8" Allen wrench
- 3/8" Allen wrench

CAUTION!! When raising or lowering modular unit, keep hands and feet clear of columns, angle supports and frame attachments.

1. Read and understand all instructions thoroughly before performing this procedure.
2. Verify you received the items shown in Figure 1.

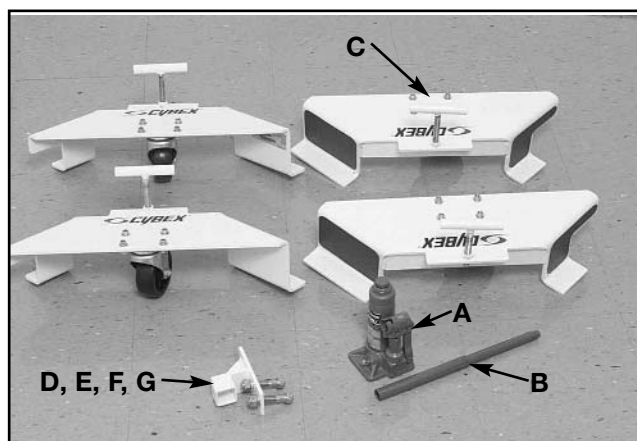


Figure 1

DESCRIPTION	PART NO.
A. Handle Jack	01950
B. Jack Handle	
C. Modular Mover	01941
D. Lifting Bracket	01951
E. Hex Nut.....	HN784000
F. Split Lockwasher	JS388300
G. SHCS .500-13 x 2.75	JC782832

3. Remove all perforated screens and set aside.
4. Remove all side stations (if applicable).
5. Install lifting bracket to the center of post using two socket head cap screws. After tightening screws in step 3, place hydraulic jack under lifting bracket and raise modular unit approximately 1" off the floor. See Figure 2.



Figure 2

6. Install lift dolly and tighten in place using T-handle on dolly. See Figure 3.



Figure 3

7. Repeat step 4 for each remaining position around the modular unit. **NOTE:** *If a leg Curl/Leg Extension is next to an O.C. Cable Column, then do not install lift dolly in this position.*
8. After lift dollies have been secured in place, the modular unit can be lowered and the hydraulic jack can be removed.
9. Move modular unit to desired location. **NOTE:** *When moving modular unit be sure to support any pieces attached to the columns.*
10. Position modular unit as desired. Install hydraulic jack and raise unit. Remove lift dollies and lower modular unit.
11. Remove lifting bracket from center post.
12. Reattach any side stations.
13. Reattach perforated screens to the modular unit. Be sure screens are secured.

Modular Seated Leg Press

5652 - Modular/Tandem configuration

Assembly Instructions

5322 - Free Standing configuration

TOOLS REQUIRED

- 5/32" Allen wrench
- 7/32" Allen wrench
- 5/16" Allen wrench
- 3/8" Allen wrench
- 9/16" Socket/wrench
- 3/4" Socket/wrench
- Rubber mallet
- Step ladder
- Hammer
- Utility knife
- Automotive engine oil

Unpacking

NOTE: A minimum of two people will be required to assemble the Leg Press configuration.

1. Read and understand all instructions thoroughly before assembling the Leg Press (see steps A - C).

- A.** Locate the Modular Assembly & Service manual that you received with your order. If you did not receive a manual contact Cybox Customer Service and ask for part number 55620.
- B.** If you are assembling the Leg Press station into a Tandem configuration, locate and review the Tandem Center Post instructions contained with the Tandem configuration (this sheet is also located in the Modular Assembly & Service manual). Skip step 1 in the Tandem Center Post instructions.
- C.** If you are assembling the Leg Press station into a Modular configuration, locate and review the Modular Center Post instructions contained with the Modular configuration. Skip step 1 in the Modular Center Post instructions.

2. Verify you have received the appropriate configuration (see steps 2A - 2C, Figures 1 and 2).

A. If you ordered the Modular/Tandem configuration (5262):

Shipping Package	Part Number
• Leg Press Column	5562-9x
• Leg Press Package	5652-50
• Weight Package	4700S040
• Weight Package	4700S129
• Top Weight Package	4700-027
• Cushion Set	8630-010

B. If you ordered the Free Standing configuration (5322):

Shipping Package	Part Number
• Leg Press Column	5322-9x
• Leg Press Package	5652-50
• Leg Press Stabilizer	5302-51
• Weight Package	4700S040
• Weight Package	4700S129
• Top Weight Package	4700-027
• Cushion Set	8630-010

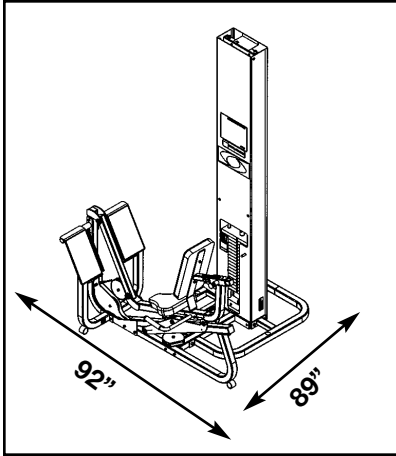


Figure 1

- C.** Carefully place shipping packages near area of installation.
- D.** For Free Standing configurations, allow a minimum amount 92" x 89" for operating space. See Figure 1.
- E.** For Modular/Tandem configurations, allow a minimum of 92" x 76" for operating space. See Figure 2.

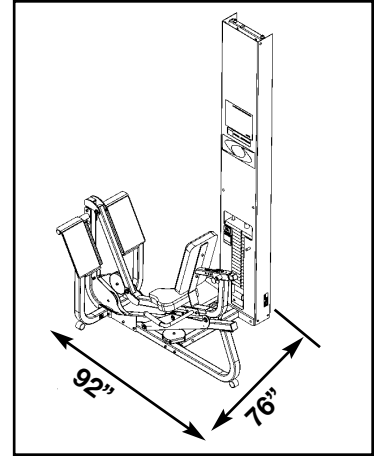


Figure 2

3. Unpack the carton containing the column (see steps 3A - 3I and Figures 3 - 8).

- A.** Locate and open the Leg Press Column carton.
- B.** The column should be laying so that the back side is facing upward.
- C.** For Free Standing units containing a back cover, remove the pin (#83) securing the back cover (#66). Remove back cover by sliding it then lifting it upward. See Figure 3.

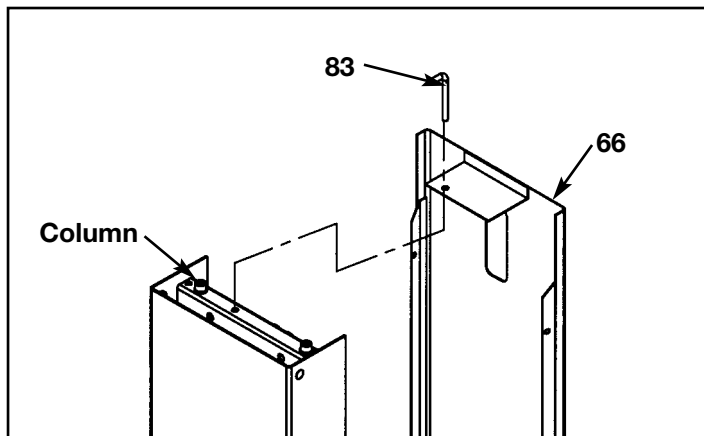
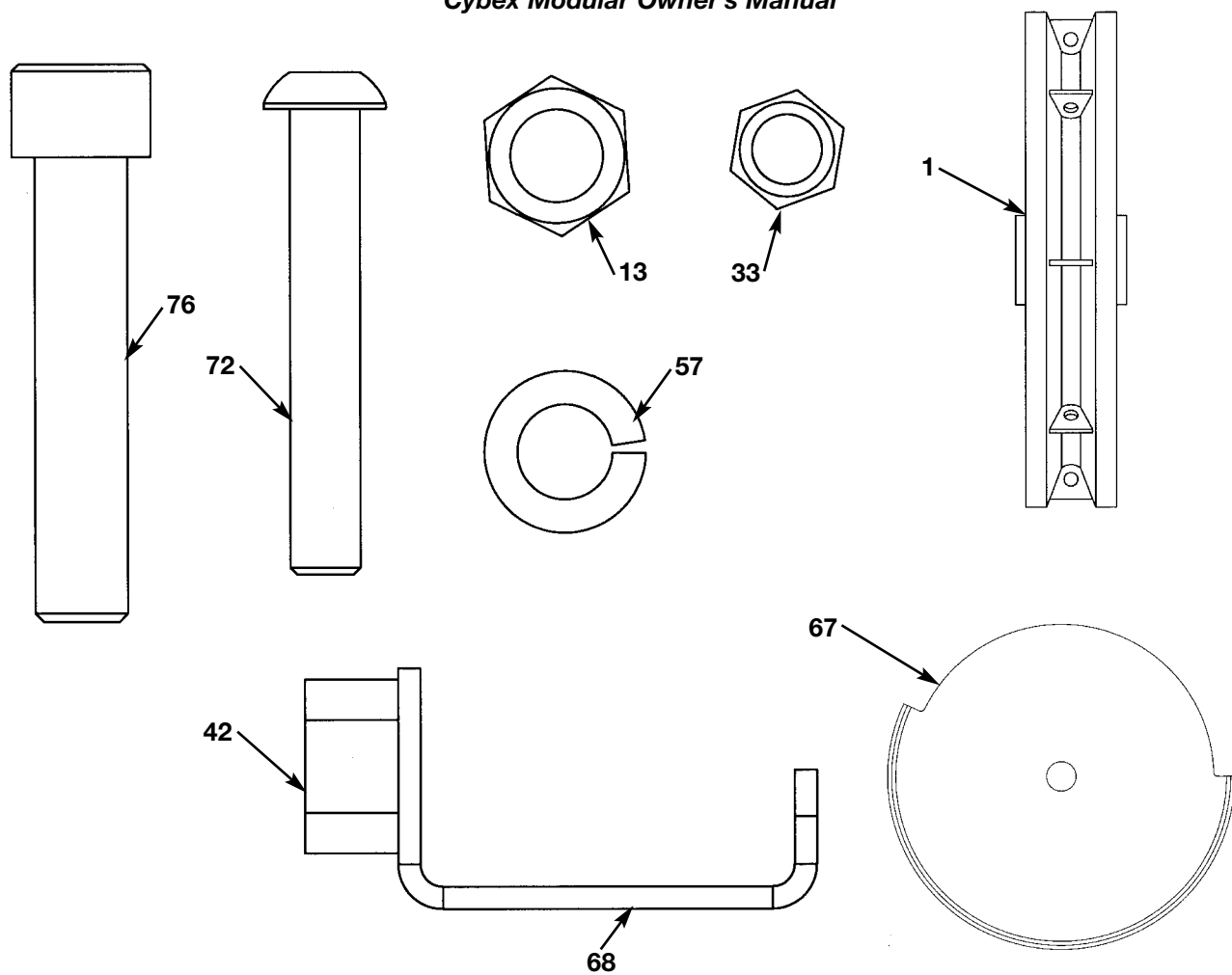


Figure 3

- D.** Remove the shipping supports securing the pulley mount and two hardware packs located inside the column.
- E.** Verify contents of both hardware packs. See Figures 4 - 6.

NOTE: Figures 4 and 5 are for the Free Standing configuration.
Figures 5 and 6 are for the Tandem/Modular configuration.



ITEM	QTY	PART NO.	DESCRIPTION
1	2	08014	Pulley Assembly
13	2	HN784000	Hex Nut .50-13
33	2	HN704901	Nylon Locknut .375-16
42	2	PU060201	Bumper
57	2	JS38800	Split Lockwasher .500
67	2	5301-310	Pulley Guard
68	2	5301-311	Stop
72	2	HC700430	BHSCS .375-16 x 2.50
76	3	JC782830	SHCS .50-13 x 2.50

Figure 4

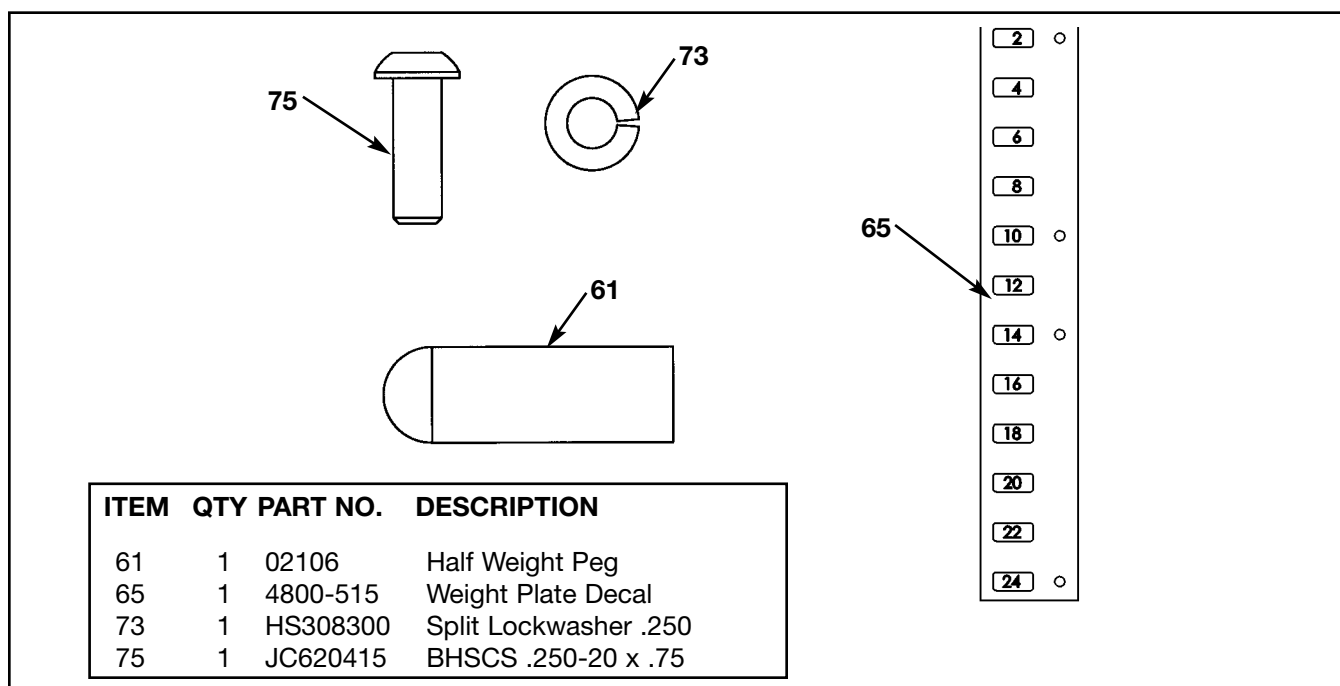


Figure 5

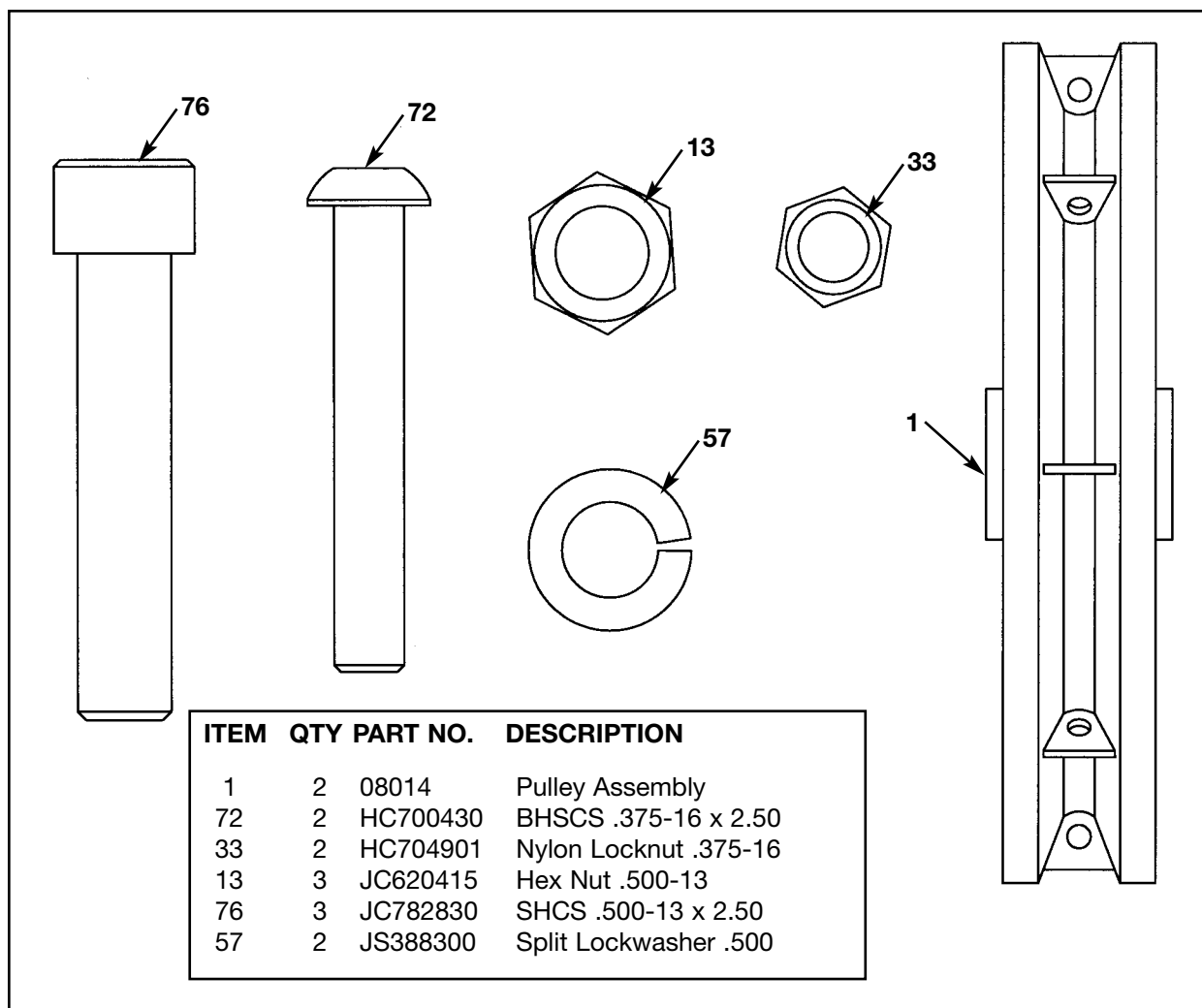


Figure 6

- F. Remove both SHCS .500-13 x 2.50 (#76), both split lockwashers (#57) and both guide rod collets (#60) securing guide rods (#69). Remove guide rods from column.

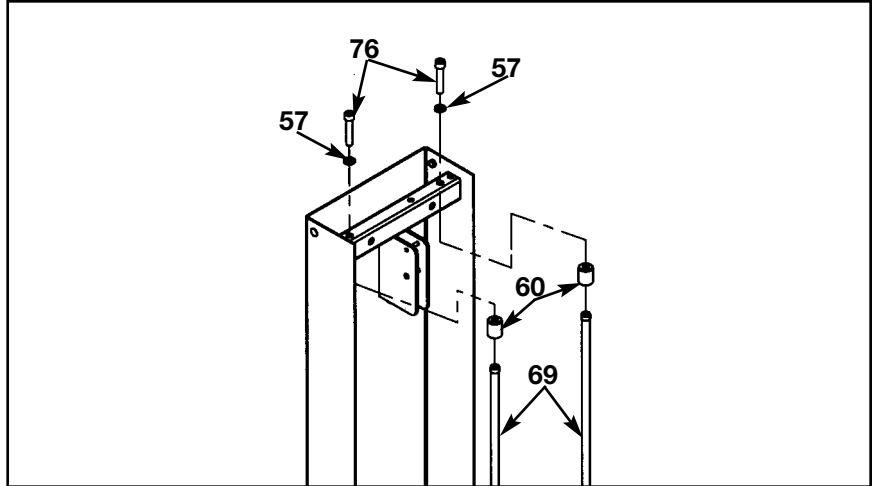


Figure 7

- G. Locate the pulley mount (#59), three SHCS .500-13 x 2.50 (#76), three split lockwashers .500 (#57) and three hex nuts .500-13 (#13).
- H. Attach pulley mount (#59) to column as shown in Figure 8. Securely tighten hardware.

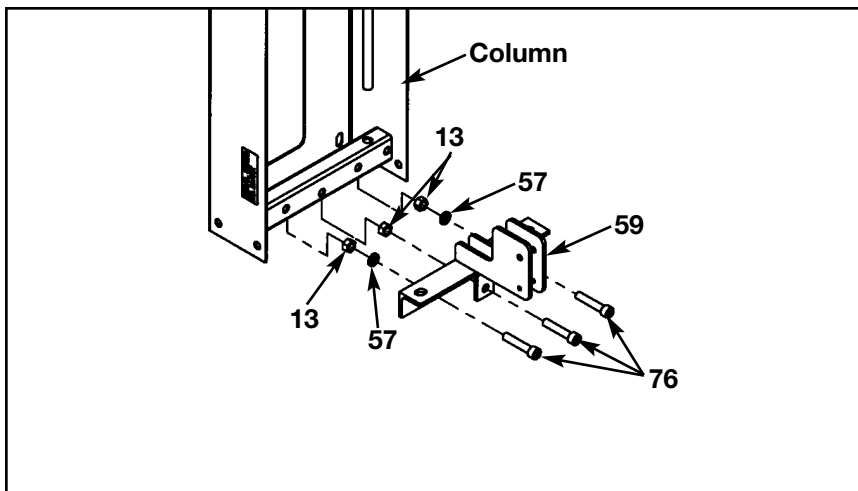


Figure 8

- I. Reinstall both guide rods. **NOTE:** Do not securely tighten guide rods at this time.

4. Attach column to the appropriate configuration (see steps 4A - 4E, Figures 9 and 10).

NOTE: For Free Standing configuration, see steps 4A - 4C then go to step 5.

For Tandem configuration see step 4D then go to step 5.

For Modular configurations see step 4E then go to step 5.

- A.** Place base (#82A) in area where the station will be used.
- B.** Remove the hardware from the base (#82A) as shown in Figure 9.

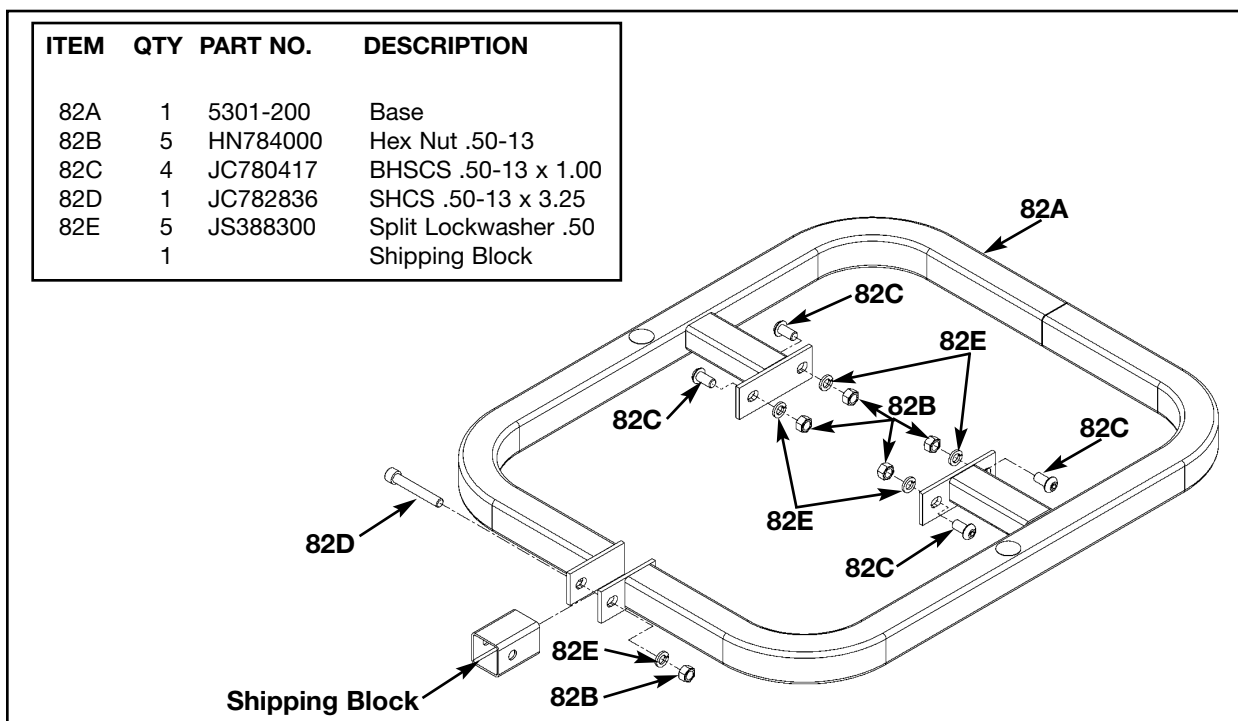


Figure 9

- C.** With an assistant, carefully place column into stabilizer (#82A) then attach hardware as shown in Figure 10.

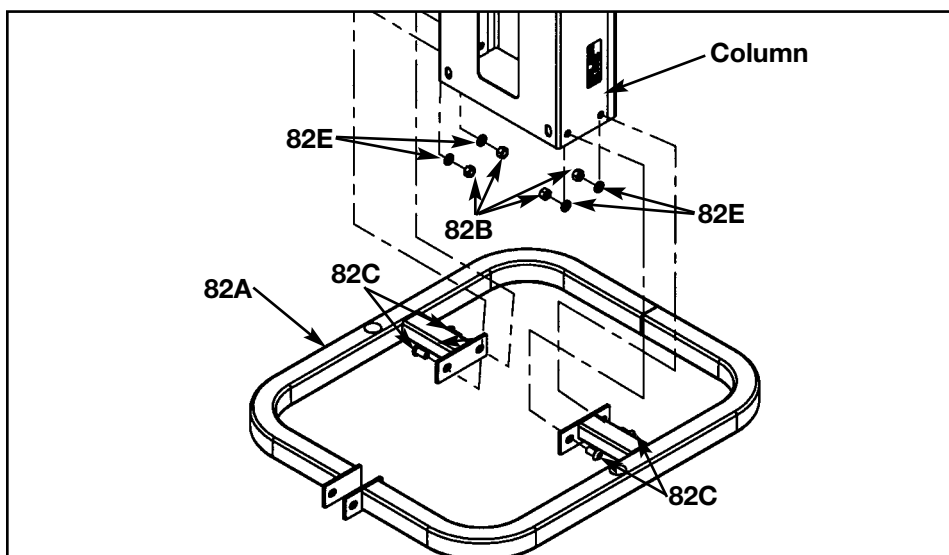


Figure 10

- D.** For the Tandem configuration, attach both columns to frame as shown in the Tandem Center Post & Dome Installation instruction sheet.
- E.** For the Modular configuration, install angle braces onto each column. See the exploded-view diagram shown in the Modular Center Post Installation Instruction sheet

5. Install the Leg Press Assembly to the appropriate configuration (see steps 5A - 5F and Figures 11 - 13B).

- A.** Locate the Leg Press assembly and hardware pack.
- B.** Verify contents of hardware pack. See Figure 11.

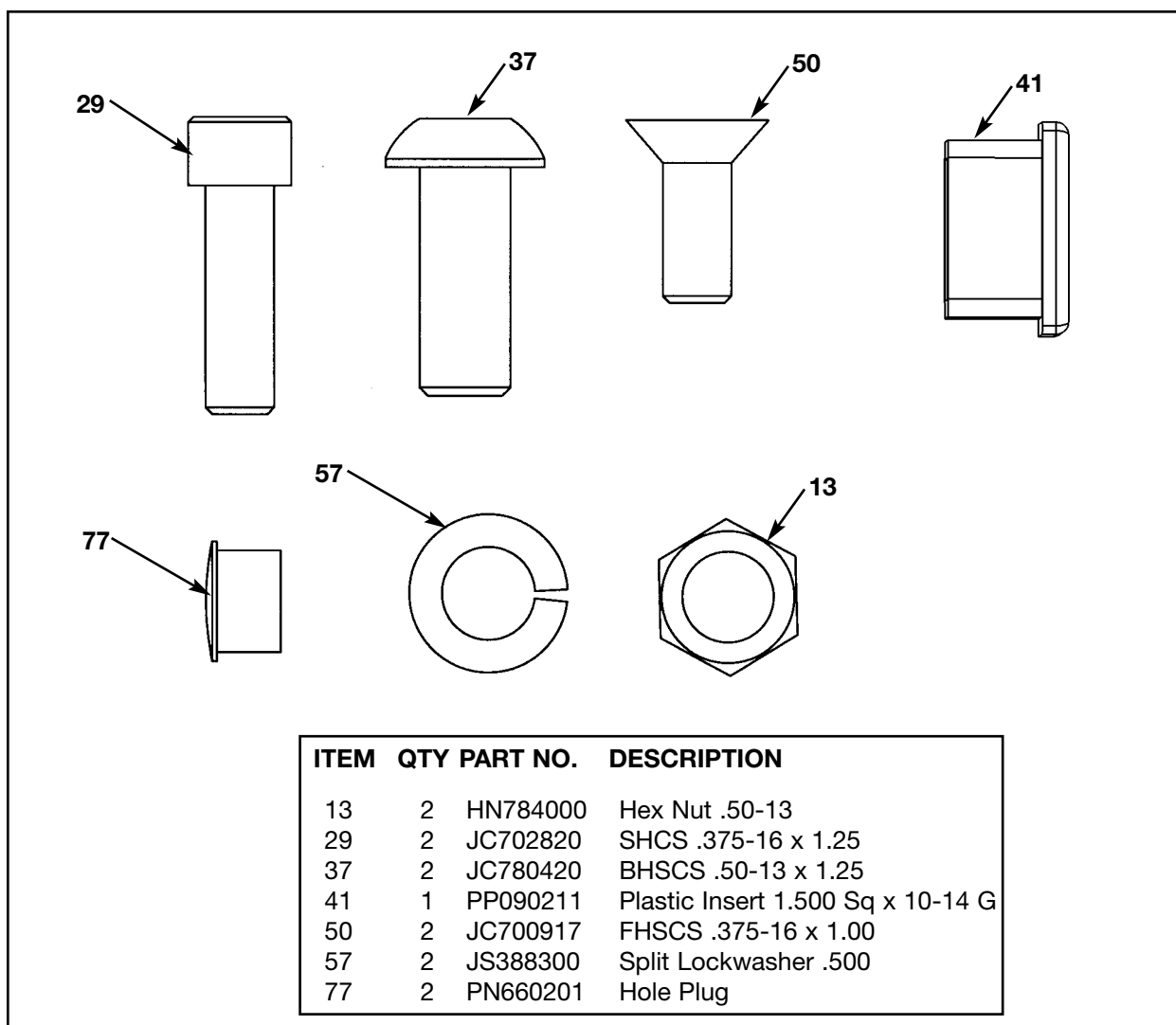


Figure 11

- C.** Locate two BHSCS .50-13 x 1.25 (#37), two split lockwashers (#57), two hex nuts .50-13 (#13) and two hole plugs (#77). For the Free Standing configuration, also locate (from step 4B) one SHCS .50-13 x 3.25 (#82D), one split lockwasher .50 (#82E) and one hex nut .50-13 (#82B).
- D.** Install the Leg Press Assembly to the column. See Figure 12 for Modular/Tandem configurations and Figures 13A and 13B for Free Standing configuration.
- E.** Install hole plugs (#77) to the Leg Press Assembly (Modular/Tandem configurations only). See Figure 12.

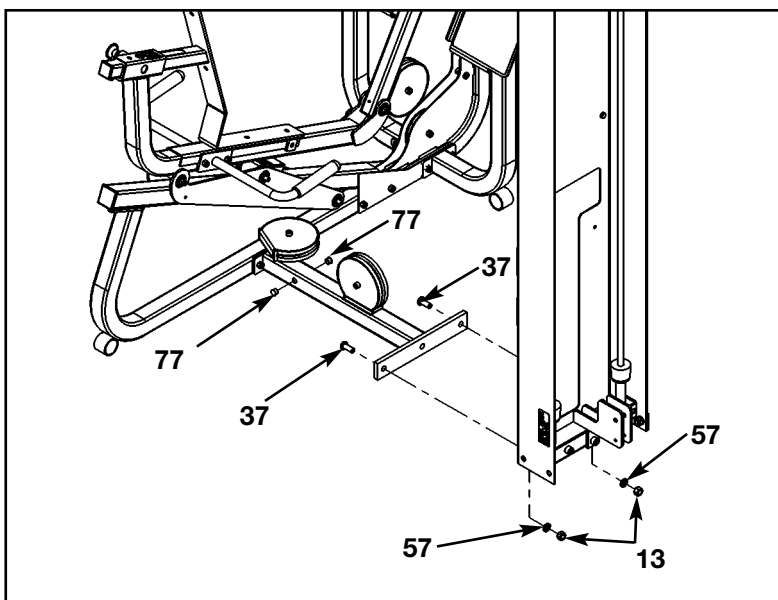


Figure 12

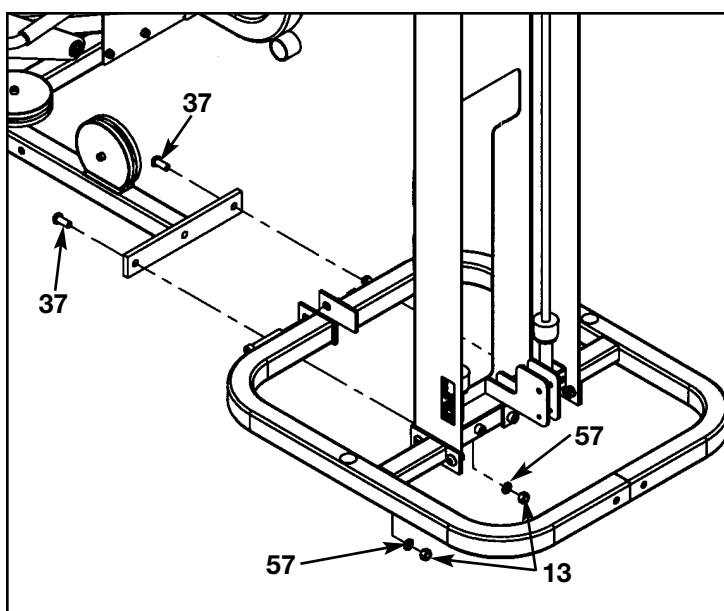


Figure 13A

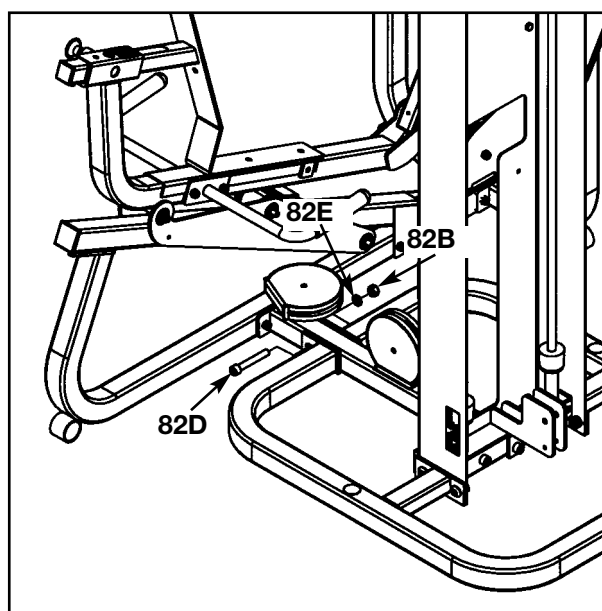


Figure 13B

F. For Modular configuration only, see step 4 of the Modular Center Post installation instructions, part number 55600.

6. Install weight stack (see steps 6A - 6M, Figures 14 and 15).

A. Locate the half weight pin (#61), BHSCS .250-20 x .75 (#75) and split lockwasher (#73) from the column hardware pack shown in Figure 5.

B. Install the half weight peg as shown in Figure 14.

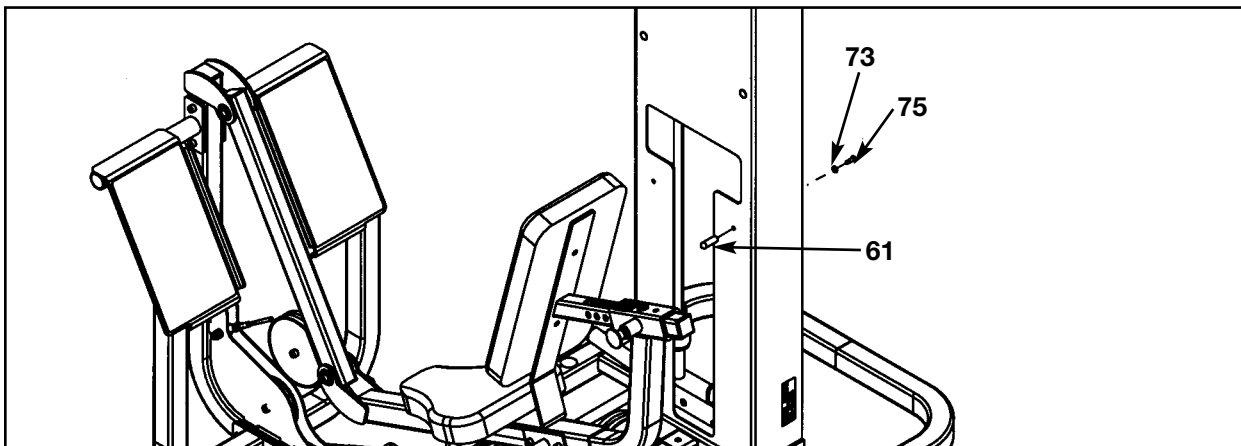


Figure 14

C. Locate the top weight package and verify the contents. See Figure 15.

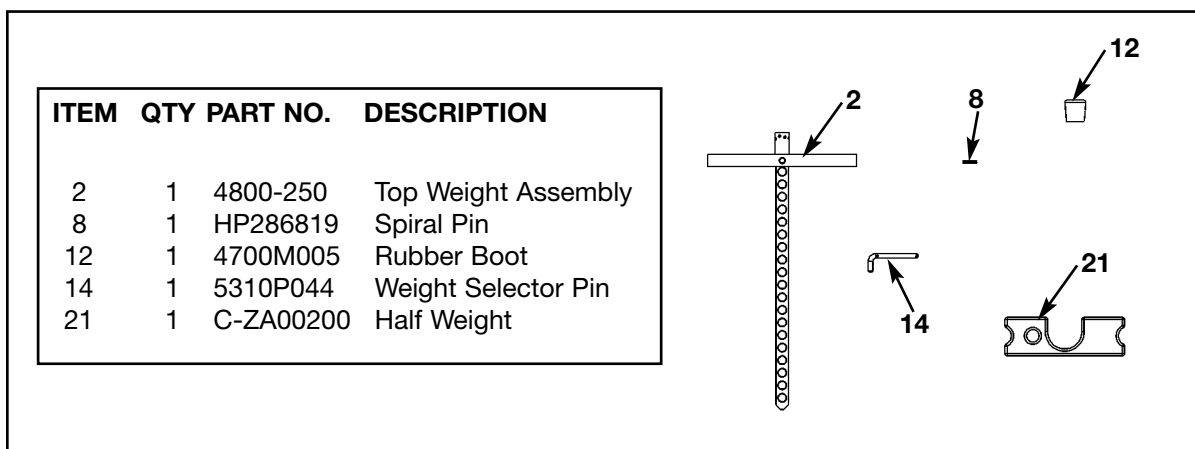


Figure 15

- D.** Verify that you received the appropriate number of weight plates.
- E.** Remove the two SHCS securing the guide rods.
- F.** Carefully lean guide rods away from column.
- G.** Remove guide rod collets and plastic caps.
- H.** Wipe guide rods clean over entire length. Lubricate with light coating of medium weight automotive engine oil.
- I.** Install each weight plate one at a time.
- J.** Install top weight.
- K.** Replace plastic caps and guide rod collets on guide rods.
- L.** Return guide rods to full upright position.
- M.** Insert both SHCS that were removed in step 6A.

NOTE: *Do not secure top weight at this time.*

7. Routing Cable - Modular/Tandem configuration only (see steps 7A - 7I, Figures 16 and 17).

NOTE: For Free Standing configuration see step 8.

- A. Install upper assemblies to any stations within the Modular/Tandem configuration that contain upper assemblies. See the Modular and Tandem installation instructions.
- B. Locate two pulleys (#1), two BHSCS .375-16 x 2.50 (#72) and two nylon locknuts .375-16 (#33).
- C. At the same time, install pulley to lower pulley bracket and route cable using one pulley (#1), one BHSCS .375-16 x 2.50 (#72) and one nylon locknut .375-16 (#33). See Figure 16.
- D. Route cable to upper pulley bracket and install pulley/route cable using one pulley (#1), one BHSCS .375-16 x 2.50 (#72) and one nylon locknut .375-16 (#33). See Figure 16.
- E. Route cable downward to top plate.
- F. Slide rubber boot (#12) onto cable end. See Figures 16 and 17.
- G. Insert cable end into top weight and align cable fitting opening with opening in top weight for proper cable tension as shown in Figure 17. See the Owner's Manual for proper cable adjustment.
- H. Using a hammer, drive roll pin (#8) through top plate connector and cable fitting. Assure pin is flush with top plate collar.
- I. Insert selector pin into each weight plate to assure proper alignment. See the Cable Adjustment and Installation section of the Owner's Manual if the selector pin does not fit smoothly or if cable appears to have excessive slack.

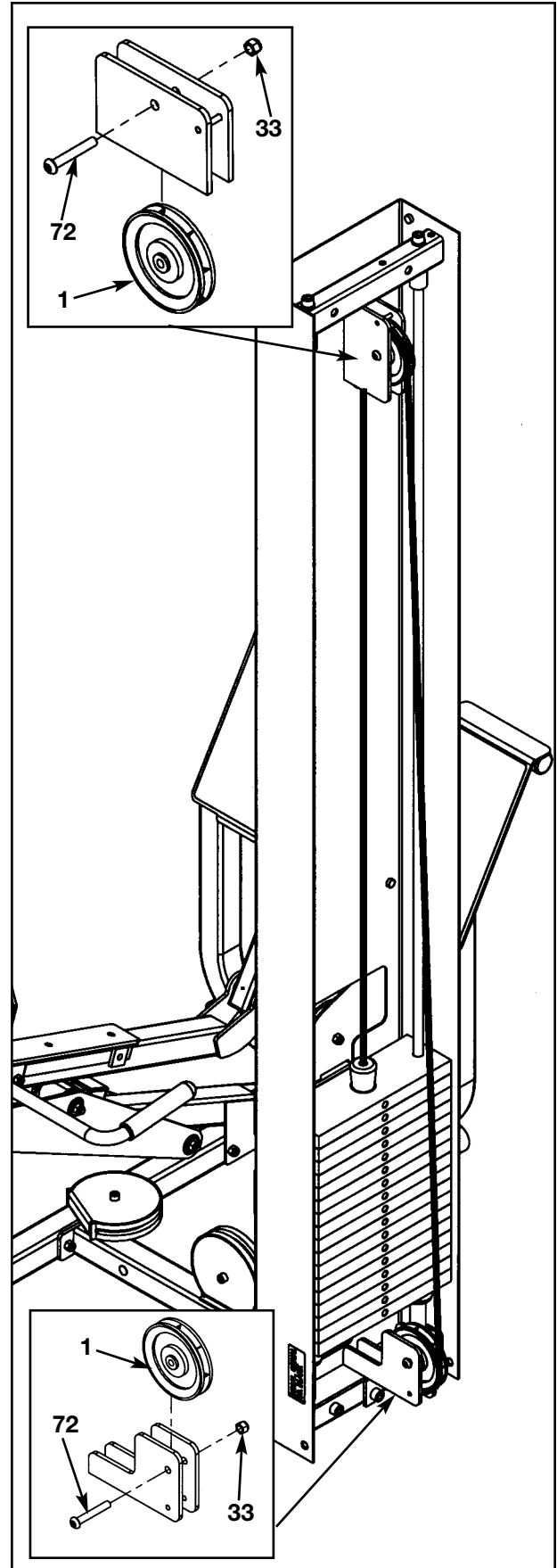
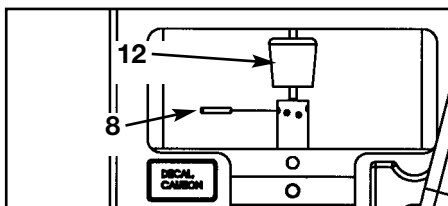


Figure 17

8. Routing Cable - Free Standing configuration only (see steps 8A - 8J and Figures 18 - 22).

- A.** Locate the back cover (#66), two pulleys (#1), two BHSCS .375-16 x 2.50 (#72), two nylon locknuts .375-16 (#33), two stop brackets (#68)/bumpers (#42) and two pulley guards (#67).
- B.** Route cable through lower slot in back cover (#66) and place back cover onto back of column. See Figure 18.

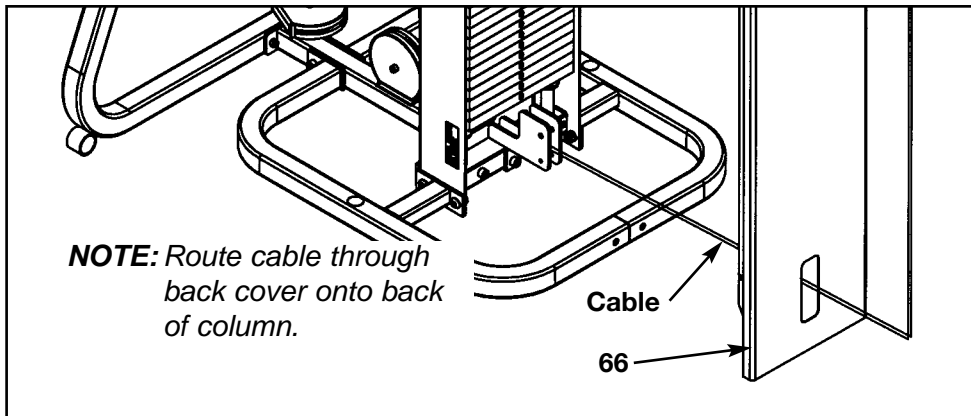


Figure 18

- C.** With top part of back cover (#66) leaned back, route cable/install pulley (#1) using one BHSCS .375-16 x 2.50 (#72) and one nylon locknut .375-16 (#33). See Figure 19.

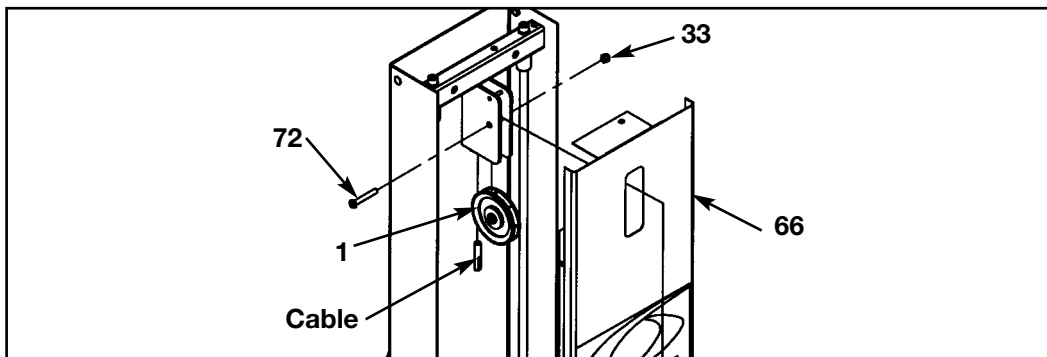


Figure 19

- D.** Install lower pulley using one pulleys (#1), one BHSCS .375-16 x 2.50 (#72), one nylon locknut .375-16 (#33), two stop brackets (#68)/bumpers (#42) and two pulley guards (#67). See Figure 20.

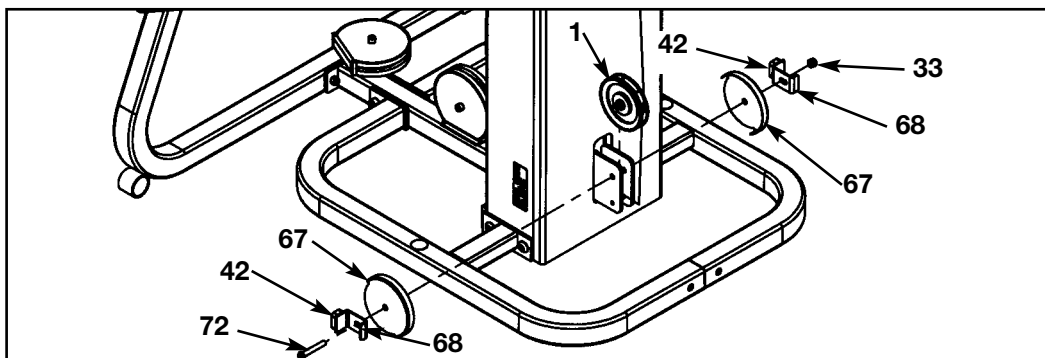


Figure 20

- E.** Route cable downward to top plate.
- F.** Slide rubber boot (#12) onto cable end. See Figure 21.
- G.** Insert cable end into top weight and align cable fitting opening with opening in top weight for proper cable tension as shown in Figure 21. See the Owner's Manual for proper cable adjustment.

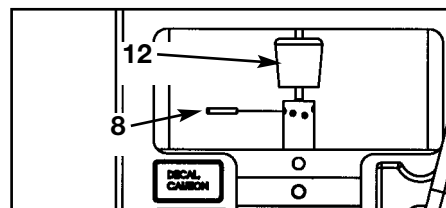


Figure 21

- H.** Using a hammer, drive roll pin (#8) through top plate connector and cable fitting. Assure pin is flush with top plate collar.
- I.** Insert selector pin into each weight plate to assure proper alignment. See the Cable Adjustment and Installation section of the Owner's Manual if the selector pin does not fit smoothly or if cable appears to have excessive slack.
- J.** Secure back cover (#66) using weight selector pin (#71). See Figure 22.

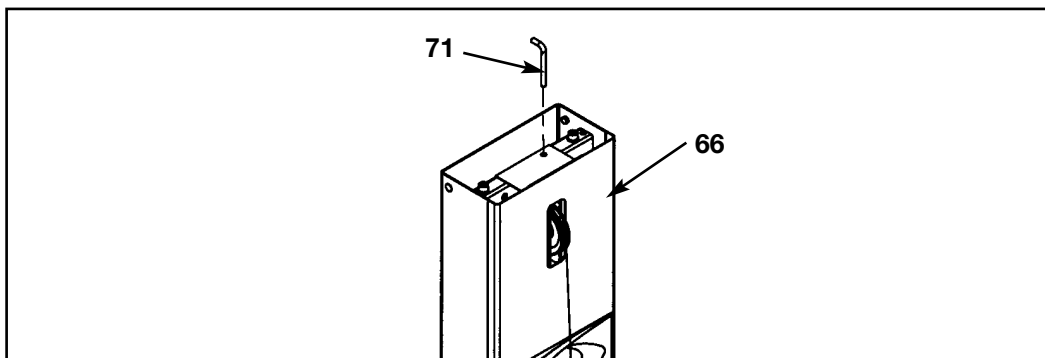


Figure 22

9. Install Weight Plate Decal and Half Weight
(see steps 9A - 9H, Figures 23 and 24).

- A. Locate the weight plate decals.
- B. Place weight plate decals on weight plates according to steps listed below and Figures 23 and 24.
- C. Slowly and carefully peel off back side of decal. **NOTE:** When peeling off back cover, make sure that the decals remain attached to the front sticker.
- D. Align holes in decal with appropriate holes in weight stack. **NOTE:** Do not allow the adhesive to touch weight stack at this time.
- E. Insert a guide pin through each hole of the template. **NOTE:** A guide pin can be anything that fits through the weight stack hole, such as a weight stack selector pin.
- F. Carefully align decal and rub it onto weight plates.
- G. Carefully remove front side, leaving decals adhering to weight plates. See Figure 24
- H. Locate half weight and install it on the half weight peg.

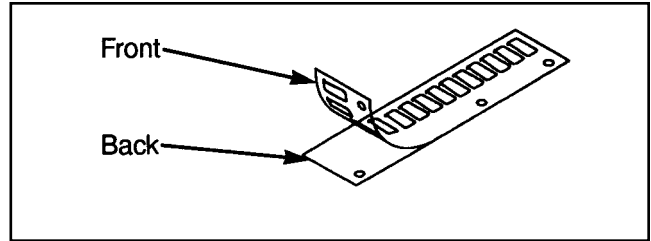


Figure 23

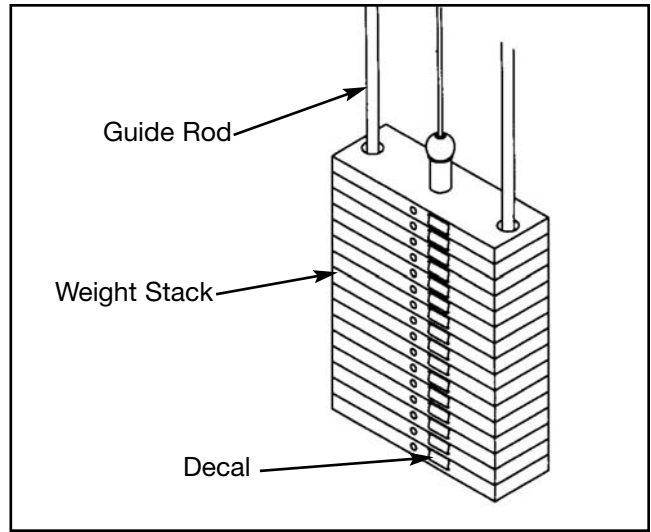


Figure 24

10. Install the back and seat cushions (see steps 10A - 10I and Figures 25 - 28).

- A. Locate the cushion box and verify the contents as shown in Figure 25.

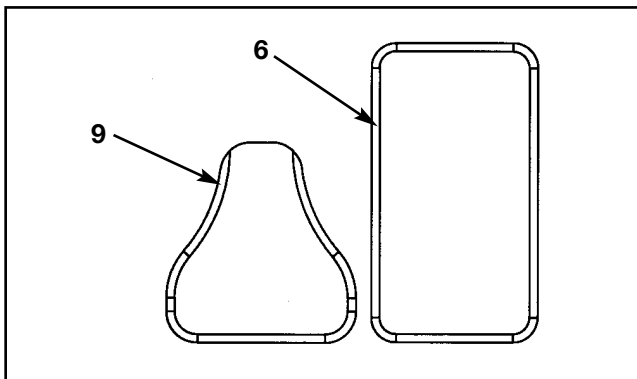


Figure 25

- B.** Locate the back cushion (#6), seat cushion (#9), two SHCS .375-16 x 1.25 and two FHSCS .375-16 x 1.00.
- C.** Remove the SHCS and nylon locknut securing the cushion post. See Figure 26.

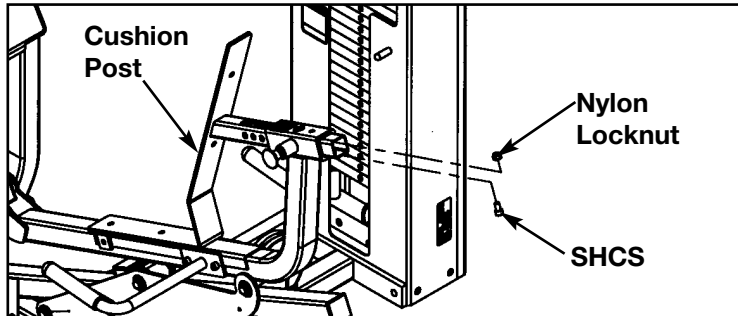


Figure 26

- D.** Locate seat cushion bracket, back cushion (#6), seat cushion (#9), two FHSCS .375-16 x 1.00 (#50) and two SHCS .375-16 x 1.25 (#29).
- E.** Install seat and back cushions as shown in Figure 27.

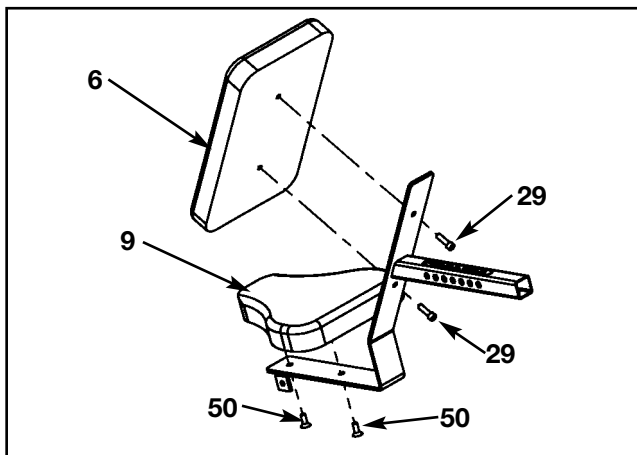


Figure 27

- F. Locate plastic insert (#41).
- G. Install cushion assembly onto frame.
- H. Secure cushion assembly using SHCS and hex nut (removed from step 10C). See Figure 27.
- I. Install plastic insert as shown in Figure 28.

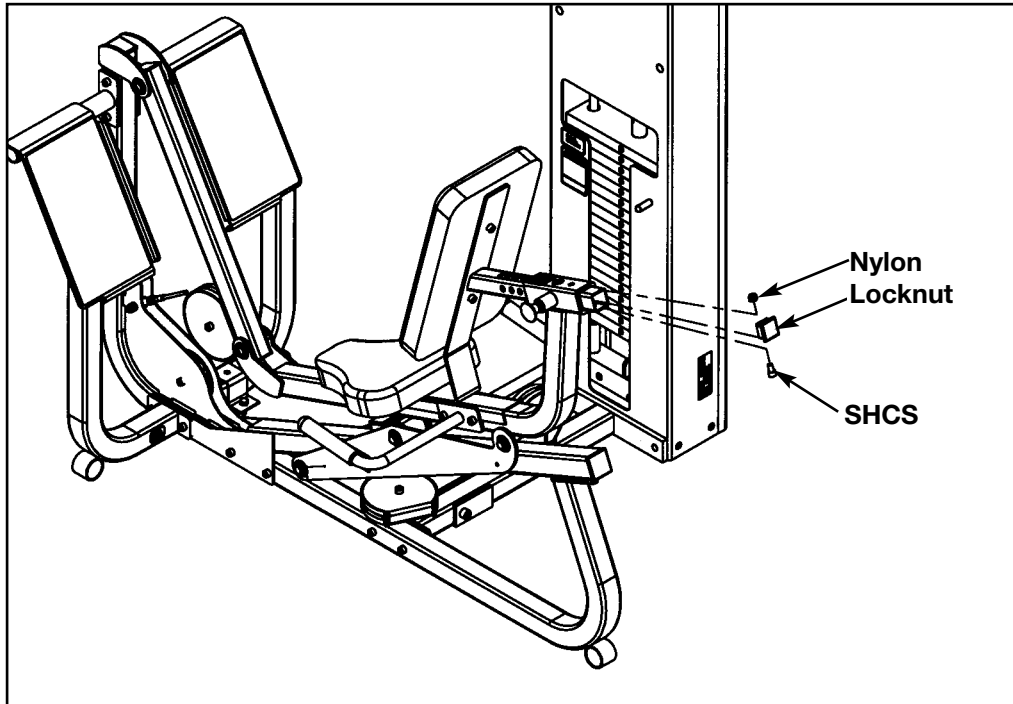
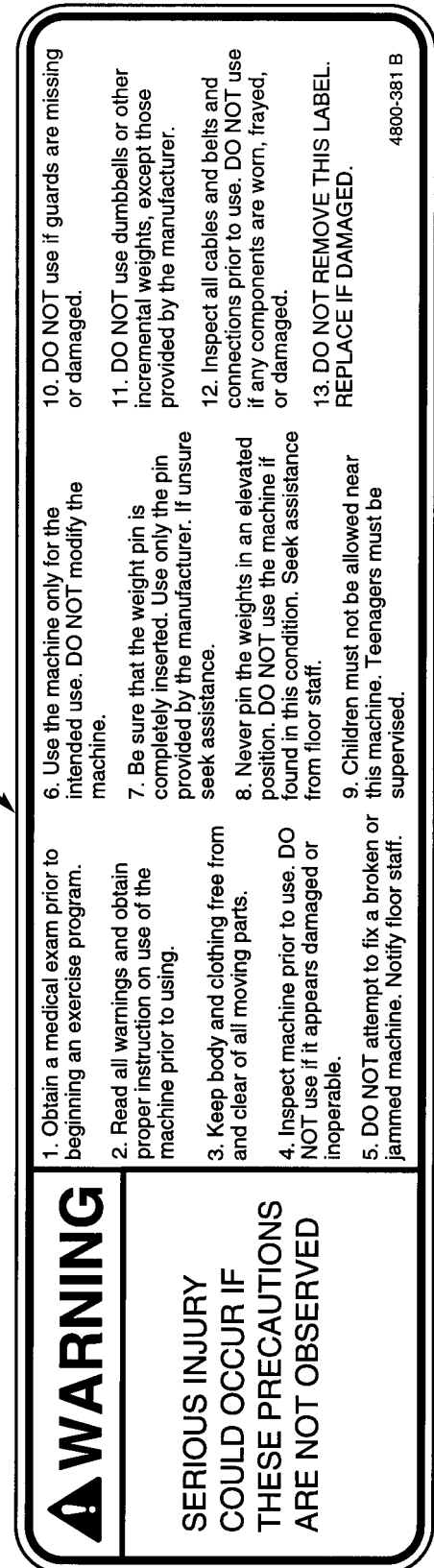
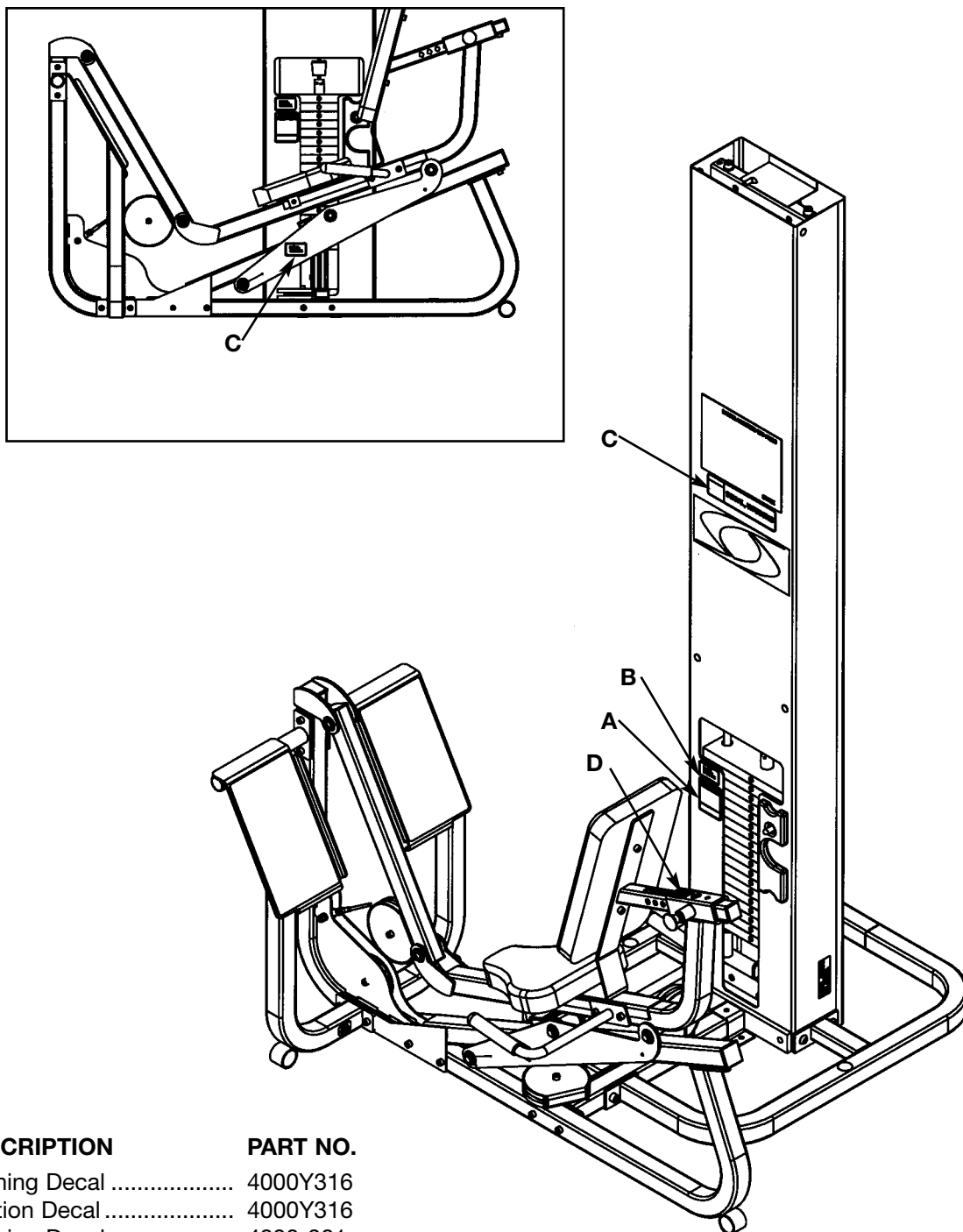


Figure 28

11. Verify proper operation.

12. Verify warning decals are present and not damaged (see decals below and Figure 28).





DESCRIPTION	PART NO.
A. Warning Decal	4000Y316
B. Caution Decal	4000Y316
C. Warning Decal	4800-381
D. Caution Decal	8500-025

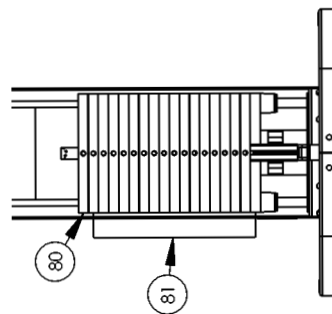
Figure 28

5322/5562 - Modular Seated Leg Press

ITEM	QTY	PART NO.	DESCRIPTION
1	2	08014	Pulley
6	1	4106S055-0	Back Cushion
13	5	HN784000	Hex Nut .50-13
16	1	8630-202	Seat Tube
29	2	JC702820	SHCS .375-16 x 1.25
33	3	HN704901	Nylon Locknut .375-16
34	1	JC702814	SHCS .375-16 x .625
37	2	JC780420	BHSCS .50-13 x 1.25
41	1	PP090211	Plastic Insert 1.50 Sq x 10-14 G
50	2	JC700917	FHSCS .375-16 x 1.00
57	4	JS388300	Split Lockwasher .50
58	1	01243	Column
59	1	01247	Pulley Mount
60	2	01755	Guide Rod Collet
61	1	02106	Half Weight Peg
62	2	02330	Spacer 3.00 Weight
66	1	5301-201	Cover
• 67	2	5301-310	Pulley Guard
• 68	2	5301-311	Stop
69	2	5310M035	Weight Rod .625 Dia. x 85.31
70	1	55652	Instruction Modular Leg Press (not shown)
71	1	5310P044	Weight Select Pin

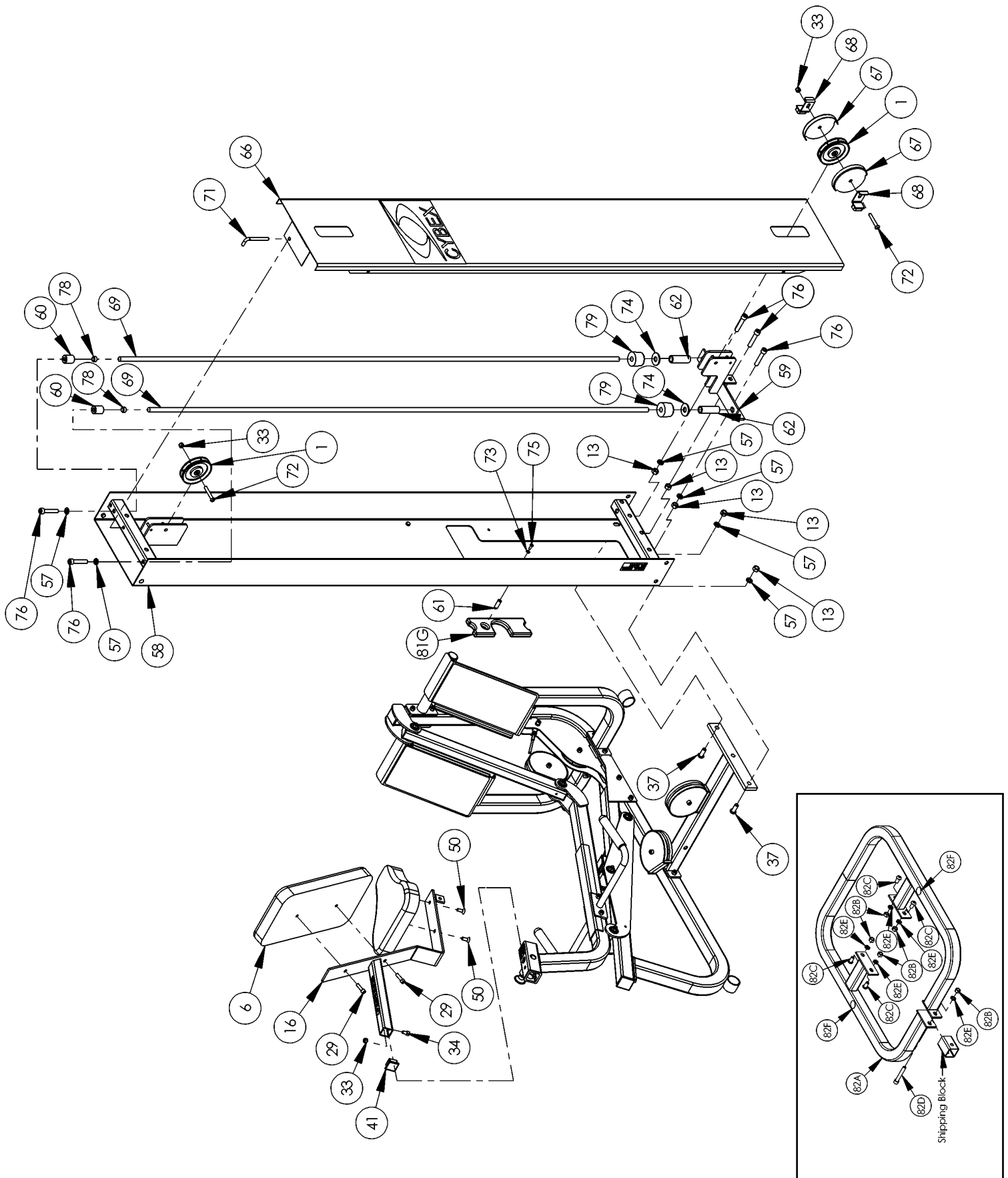
ITEM	QTY	PART NO.	DESCRIPTION
72	2	HC700430	BHSCS .375-16 x 2.50
73	1	HS308300	Split Lockwasher .25
74	2	HS760106	Flat Washer 1.75 x .68 x .140
75	1	JC620415	BHSCS .25-20 x .75
76	5	JC782830	SHCS .50-13 x 2.50
77	2	PN660201	Plug
78	2	PP080204	Plastic Cap .625 ID x .68 OD
79	2	PR060005	Bumper
80	17	4005C062	Weight Stack 4 x 12
81	1	4700-027	Top Weight Assembly
81B	1	4700M005	Rubber Boot (not shown)
81C	1	4800-256	Top Weight 18-4 x 12
81E	1	5310P044	Weight Selector Pin (not shown)
81G	1	C-ZA000200	Half Weight
• 82	1	5301-51	Modular Base Assembly
• 82A	1	5301-200	Base
• 82B	5	HN78400	Hex Nut .50-13
• 82C	4	JC780417	BHSCS .50-13 x 1.00
• 82D	1	JC782836	SHCS .50-13 x 3.25
• 82E	5	JS388300	Split Lockwasher .50
• 82F	2	PP080202	Plastic Insert 1.19 Dia. x 11 G

• For freestanding units only.

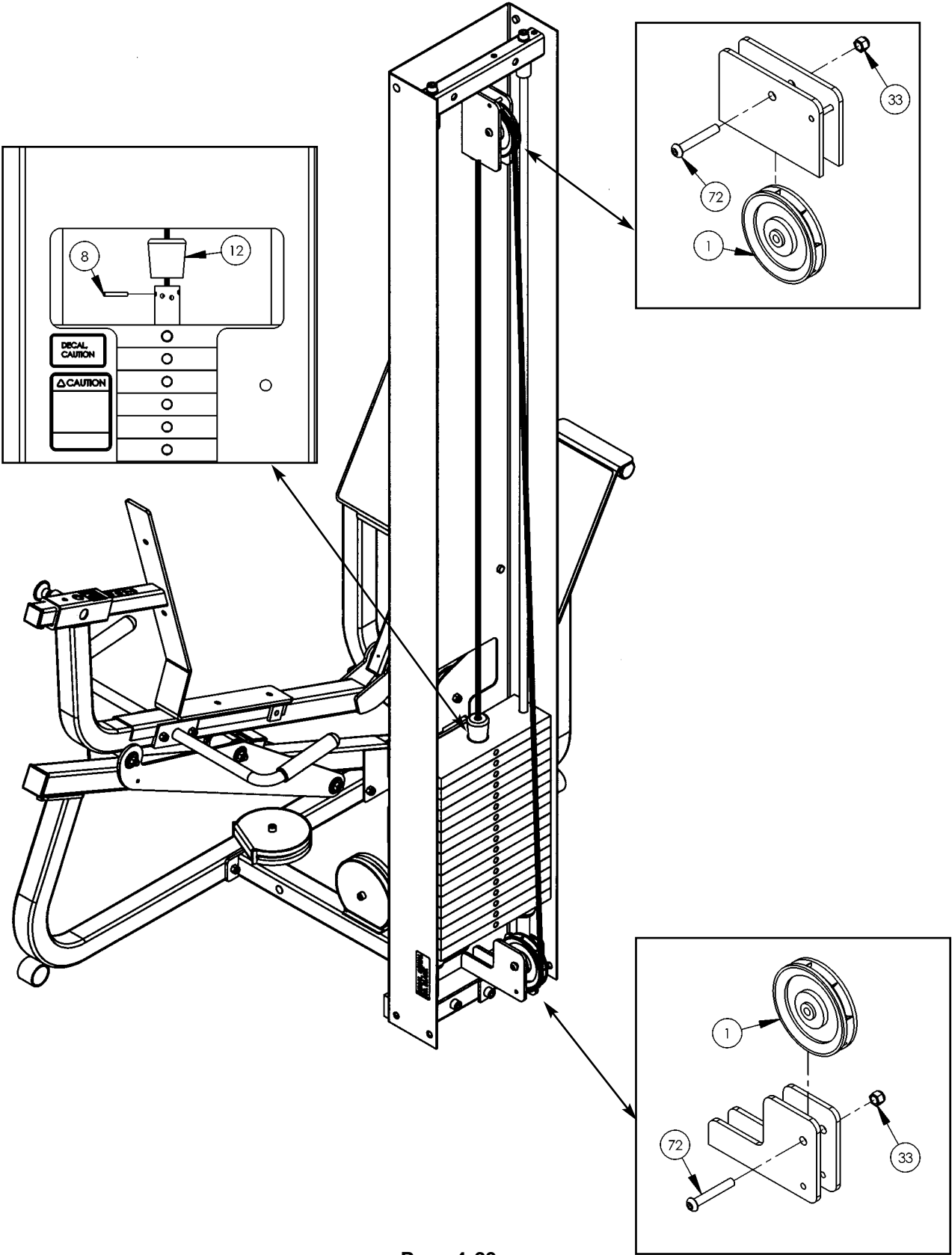




Cybex Modular Owner's Manual
5322 - Free Standing Configuration



Cable Routing



Modular Leg Extension/Leg Curl

5653 Modular/Tandem Configuration
5307 Free Standing Configuration

Assembly Instructions

TOOLS REQUIRED

- 5/32" Allen wrench
- 7/32" Allen wrench
- 5/16" Allen wrench
- 3/8" Allen wrench
- 9/16" Socket/wrench
- 3/4" Socket/wrench
- Rubber mallet
- Step ladder
- Hammer
- Utility knife
- Automotive engine oil

Unpacking

NOTE: A minimum of two people will be required to assemble the Leg Extension/Leg Curl.

1. Read and understand all instructions thoroughly before assembling the Leg Extension/Leg Curl (LE/LC) (see steps A - C).

- A. Locate the Modular Assembly & Service manual that you received with your order. If you did not receive a manual contact Cybex Customer Service and ask for part number 55620.
- B. If you are assembling the Leg Extension/Leg Curl station into a Tandem configuration, locate and review the Tandem Center Post instructions contained with the Tandem configuration (this sheet is also located in the Modular Assembly & Service manual). Skip step 1 in the Tandem Center Post instructions.
- C. If you are assembling the Leg Extension/Leg Curl station into a Modular configuration, locate and review the Modular Center Post instructions contained with the Modular configuration. Skip step 1 in the Modular Center Post instructions.

2. Verify you have received the appropriate configuration (see steps 2A - 2C, Figures 1 and 2).

- A. If you ordered the Modular/Tandem configuration (5653):

Shipping Package	Part Number
• LE/LC Column	5653-9x
• LE/LC Package	5653-50
• Weight Package	4700S040
• Weight Package	4700S043
• Top Weight Package	4700-010
• Cushion Set	8640-011

- B. If you ordered the Free Standing configuration (5307):

Shipping Package	Part Number
• LE/LC Column	5307-9x
• LE/LC Package	5653-50
• LE/LC Stabilizer	5302-51
• Weight Package	4700S040
• Weight Package	4700S043
• Top Weight Package	4700-010
• Cushion Set	8640-011

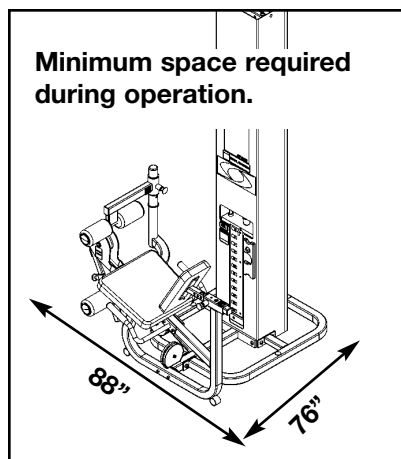


Figure 1

- C.** Carefully place shipping packages near area of installation.
- D.** For Free Standing configurations, allow a minimum amount 88" x 76". See Figure 1.
- E.** For Modular/Tandem configurations, allow a minimum of 88" x 67". See Figure 2.

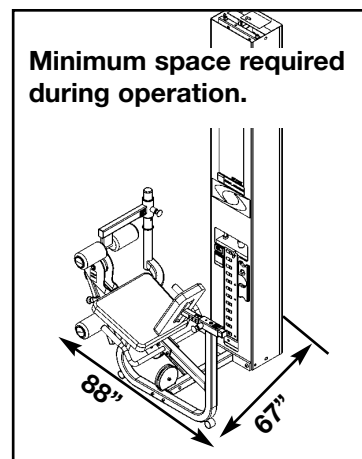


Figure 2

3. Unpack the carton containing the column (see steps 3A - 3F and Figures 3 - 7).

- A.** Locate and open the Leg Extension/Leg Curl Column carton.
- B.** The column (#78) should be laying so that the back side is facing upward.
- C.** For Free Standing units containing a back cover, remove the BHSCS .375-16 x 2.00 (#69) securing the back cover (#74). Remove back cover by sliding it then lifting it upward. See Figure 3.

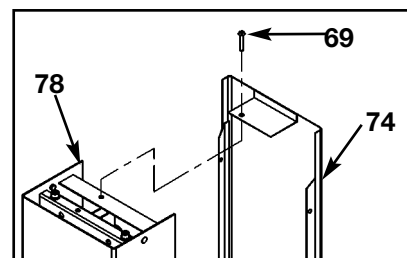


Figure 3

- D.** Remove any shipping supports and the carton located inside the column.
- E.** Verify contents of the carton. See Figure 4.

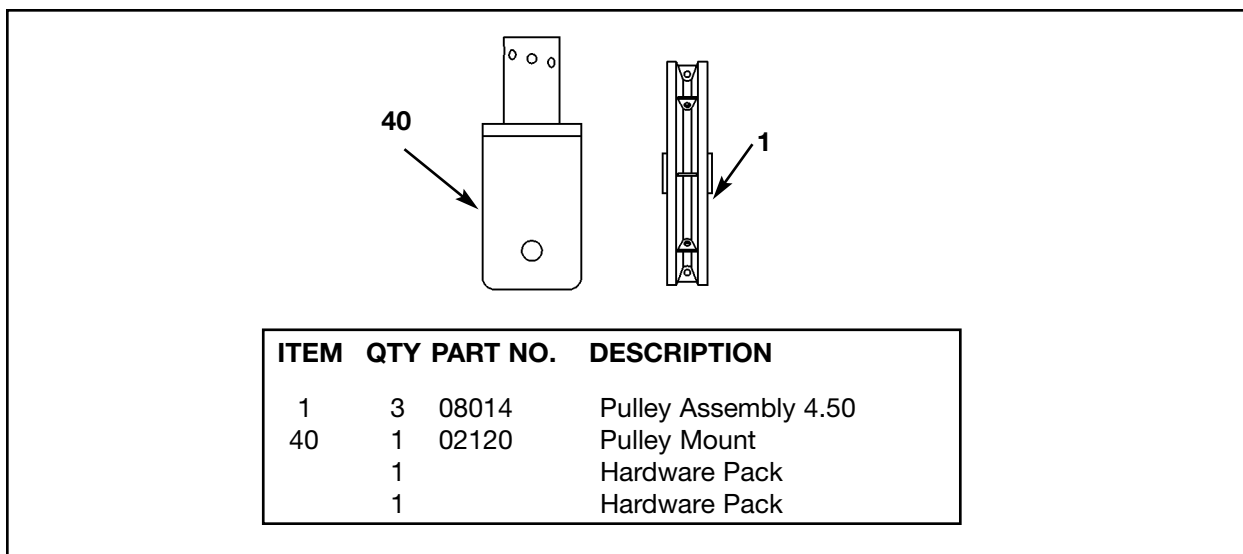


Figure 4

- F.** Remove both hardware packs from the carton and verify the contents of each. See Figures 5 - 7.

NOTE: Figures 5 and 6 are for the Free Standing configuration.
Figures 6 and 7 are for the Tandem/Modular configuration.

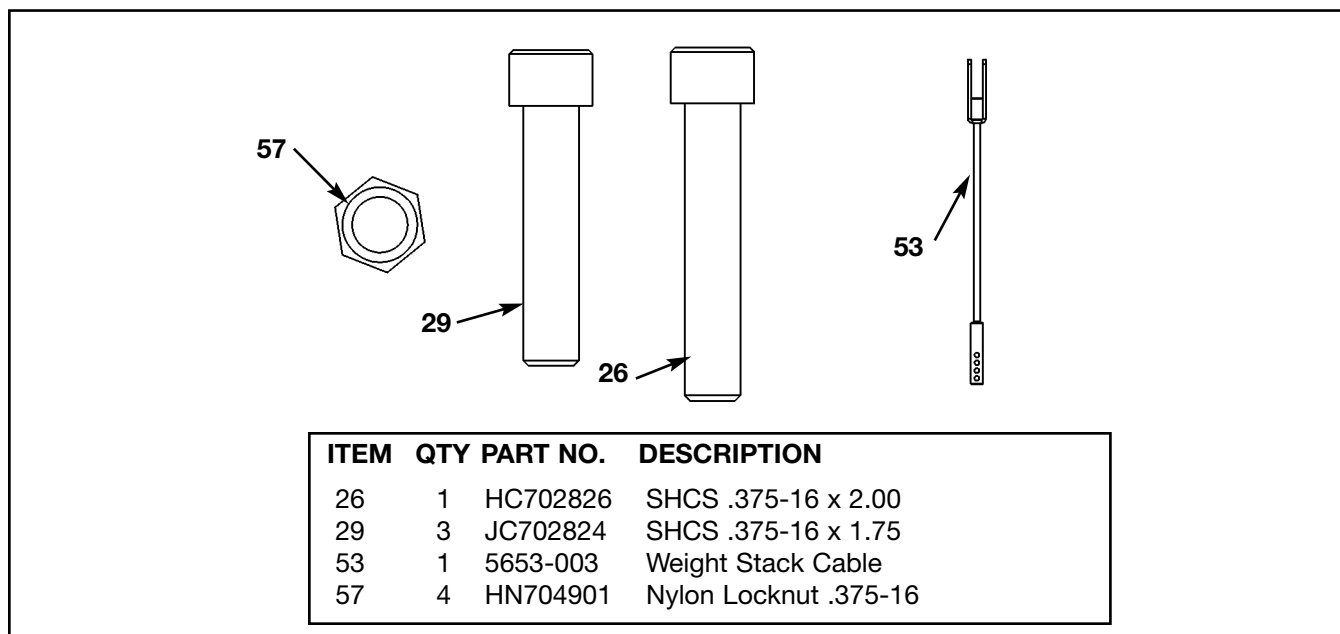


Figure 5

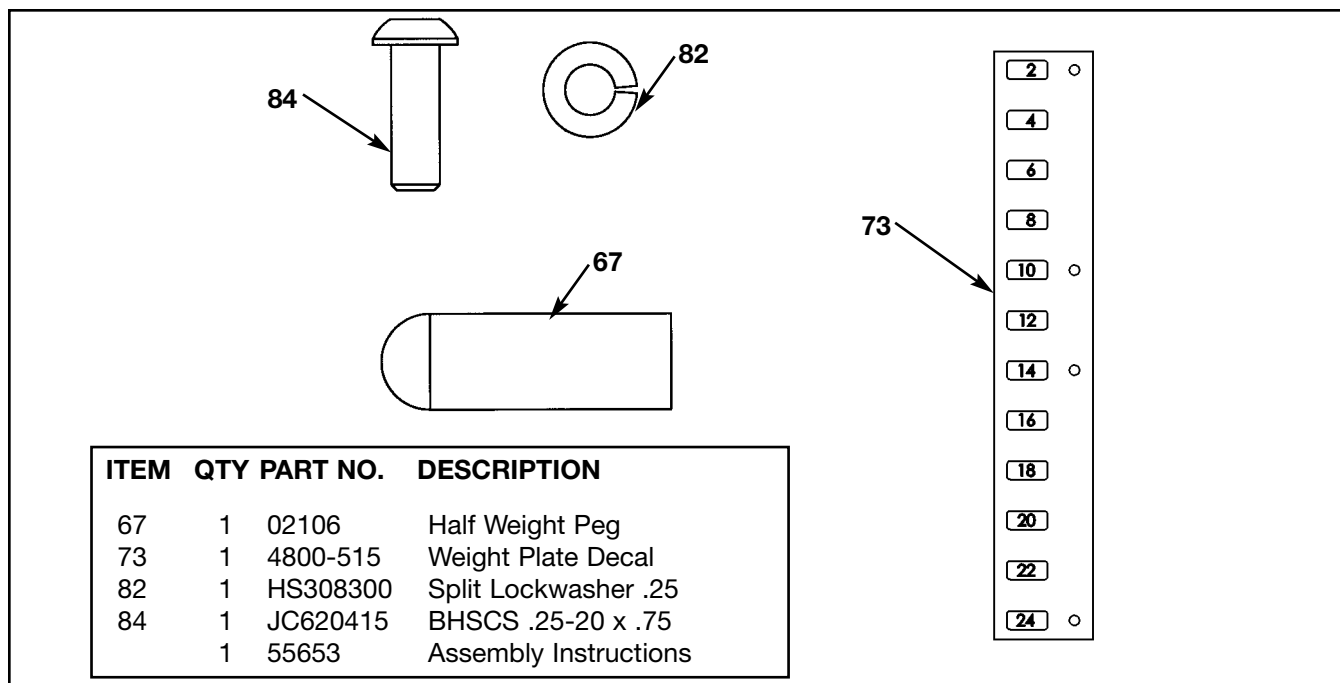
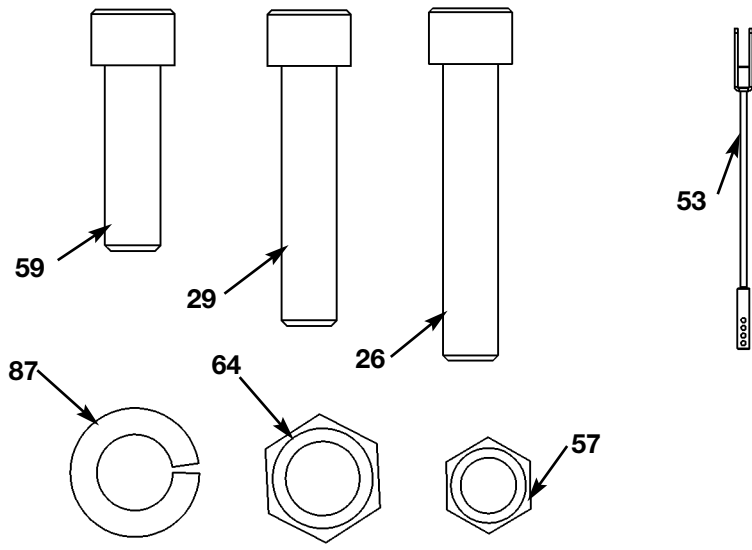


Figure 6



ITEM	QTY	PART NO.	DESCRIPTION
26	1	HC702826	SHCS .375-16 x 2.00
29	3	JC702824	SHCS .375-16 x 1.75
53	1	5653-003	Weight Stack Cable
57	4	HC704901	Nylon Locknut .375-16
59	4	JC702820	SHCS .50-13 x 1.25
64	4	HN784000	Hex Nut .50-13
87	4	JS388300	Split Lockwasher .50

Figure 7

4. Attach column to the appropriate configuration (see steps 4A - 4F, Figures 8 and 9).

NOTE: For Free Standing configuration, see steps 4A - 4C then go to step 5.

For Tandem configuration see step 4D and 4E then go to step 5.

For Modular configurations see step 4D and 4F then go to step 5.

A. Place the base assembly (#65) in area where the station will be used.

B. Remove the hardware from the base (#65A) as shown in Figure 8.

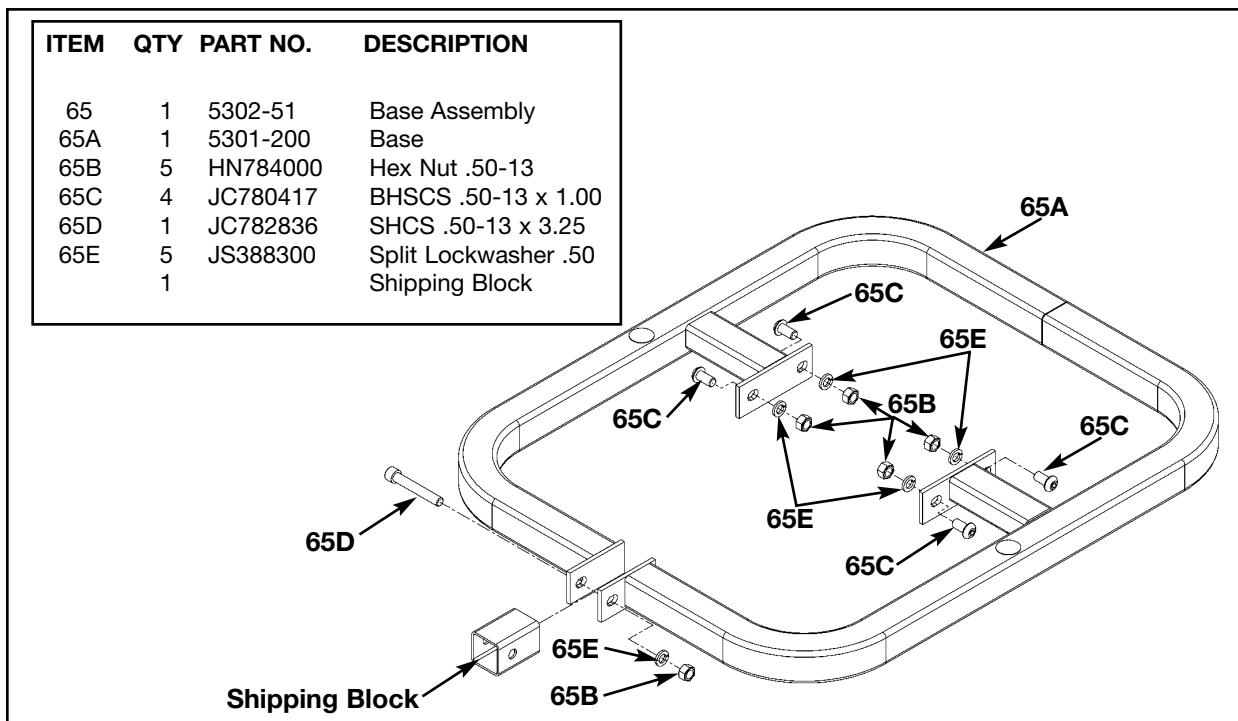


Figure 8

C. With an assistant, carefully place column (#78) into stabilizer (#65A) then attach hardware as shown in Figure 9.

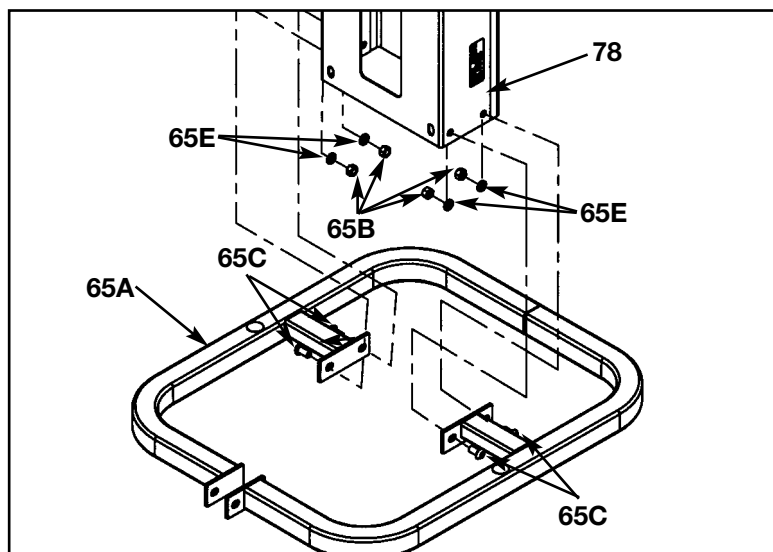


Figure 9

- D.** For Tandem and Modular configurations, locate four SHCS .50-13 x 1.25 (#59), four split lockwashers .50 (#87) and four hex nuts .50-13 (#64). See Figure 7 (hardware pack).
- E.** For the Tandem configuration, using the hardware located in step 4D, attach both columns to frame as shown in the Tandem Center Post & Dome Installation instruction sheet.

NOTE: The generic column shown in the Tandem and Modular instruction sheets will slightly differ in appearance than the Leg Extension/Leg Curl Column (an angle bracket is used instead of a tube).

- F.** For the Modular configuration, using the hardware located in step 4D, install angle braces onto each column. See the exploded-view diagram shown in the Modular Center Post Installation Instruction sheet.

5. Install the Leg Extension/Leg Curl Assembly to the appropriate configuration (see steps 5A - 5F and Figures 10 - 12B).

- A.** Locate the Leg Extension/Leg Curl assembly and hardware pack.
- B.** Verify contents of hardware pack. See Figure 10.

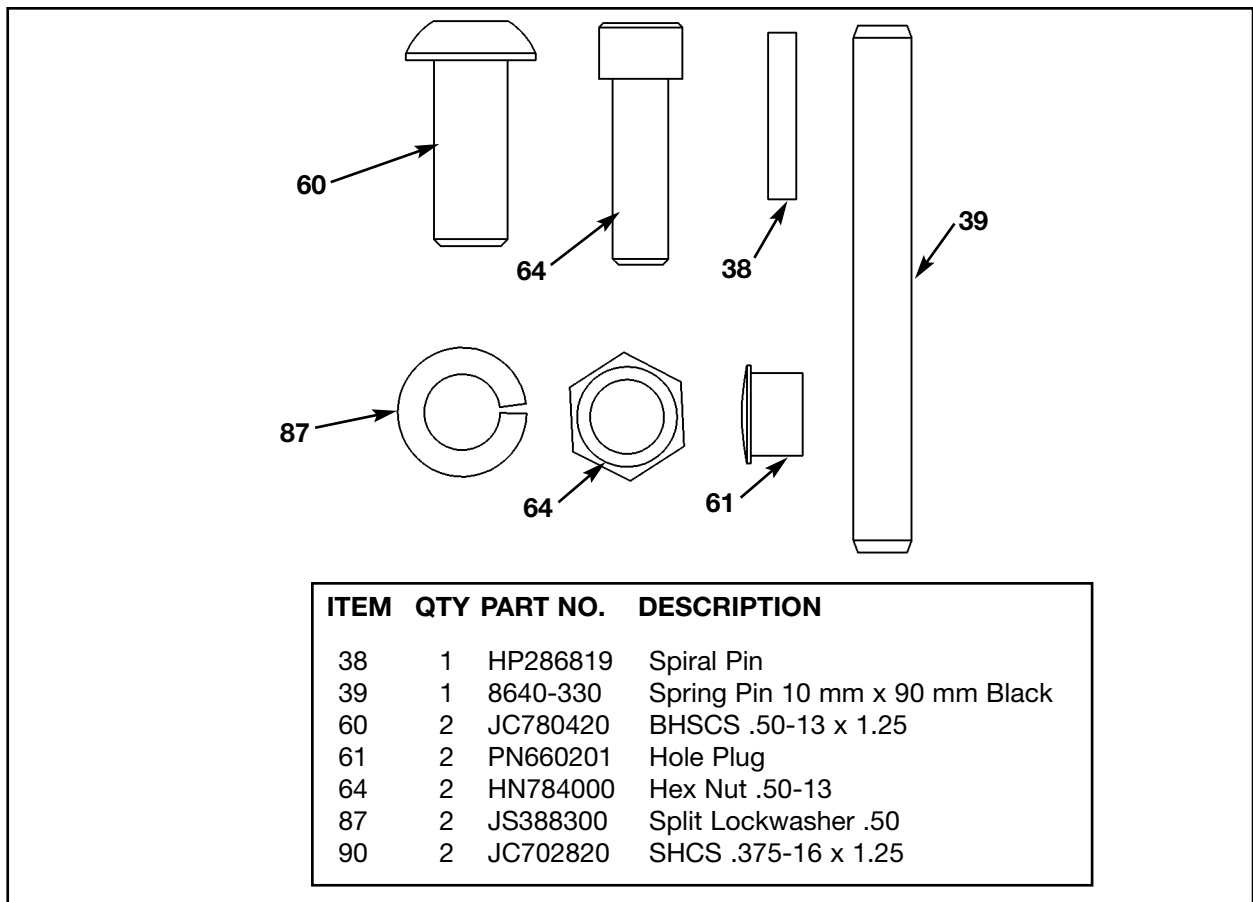


Figure 10

- C.** Locate two BHSCS .50-13 x 1.25 (#60), two split lockwashers .50 (#87), two hex nuts .50-13 (#64) and two hole plugs (#61). For the Free Standing configuration, also locate (from step 4B) one SHCS .50-13 x 3.25 (#65D), one split lockwasher .50 (#65E) and one hex nut .50-13 (#65B).
- D.** Install the Leg Extension/Leg Curl Assembly to the column. See Figure 12 for Modular/Tandem configurations and Figures 12A and 12B for Free Standing configuration.
- E.** Install hole plugs (#61) to the Leg Extension/Leg Curl Assembly (Modular/Tandem configurations only). See Figure 11.

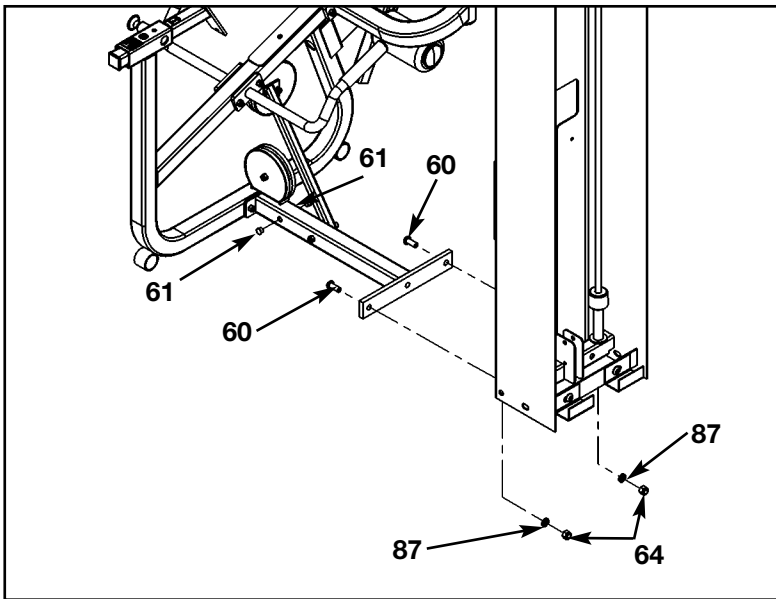


Figure 11

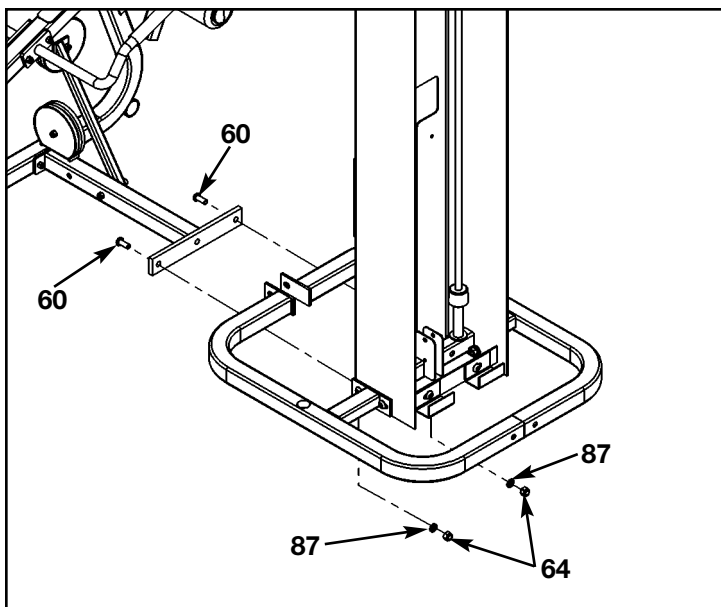


Figure 12A

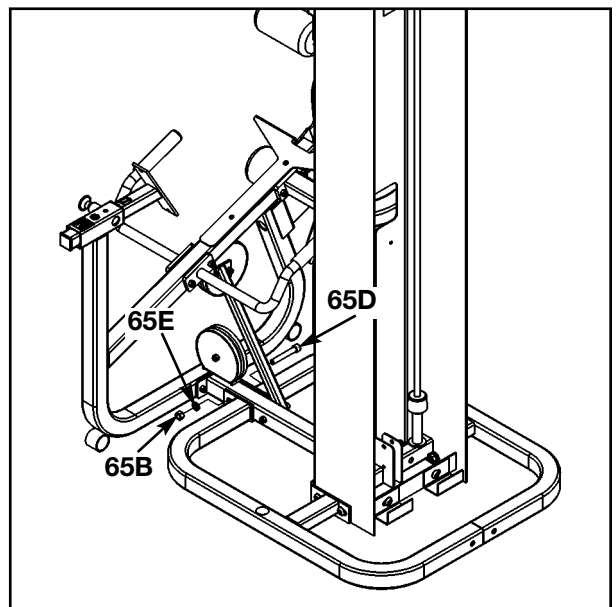


Figure 12B

F. For Modular configuration only, see step 4 of the Modular Center Post installation instructions, part number 55600.

6. Install weight stack (see steps 6A - 6O, Figures 13 - 15).

A. Locate the half weight peg (#67), BHSCS .25-20 x .75 (#84) and split lockwasher (#82) from the column hardware pack shown in Figure 5.

B. Install the half weight peg (#67) as shown in Figure 13.

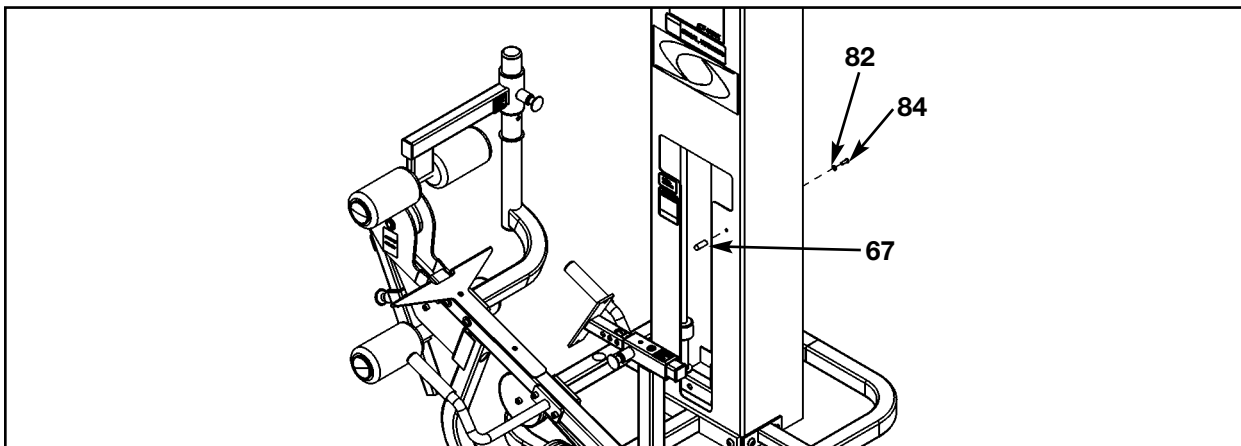


Figure 13

C. Locate the top weight package and verify the contents. See Figure 14.

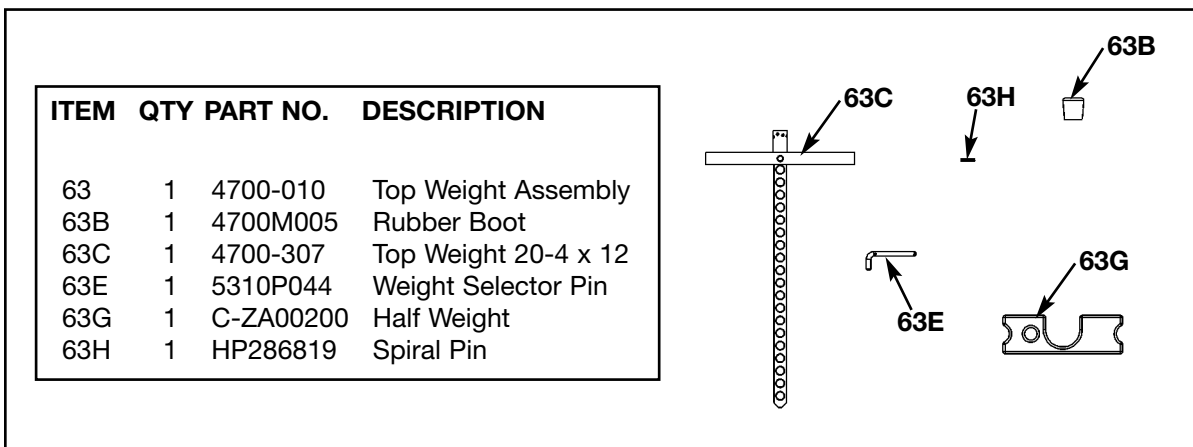


Figure 14

- D. Verify that you received 20 weight plates.
- E. Remove the two SHCS securing the guide rods.
- F. Carefully lean guide rods away from column.
- G. Remove guide rod collets and plastic caps.
- H. Wipe guide rods clean over entire length. Lubricate with light coating of medium weight automotive engine oil.
- I. Install each weight plate one at a time. **NOTE:** *Do not install the second weight and top weight at this time.*
- J. Locate the spring pin 10 mm x 90 mm black (#39).
- K. Slide the top weight plate onto second plate and carefully pound the spring pin into the second weight plate hole, securing second plate to the top plate. See Figure 15. **NOTE:** *Insert pin so that it is flush with the weight plate.*
- L. Install top weight.
- M. Replace plastic caps and guide rod collets on guide rods.
- N. Return guide rods to full upright position.
- O. Insert both SHCS that were removed in step 6E (securing guide rods).

NOTE: *Do not secure top weight at this time.*

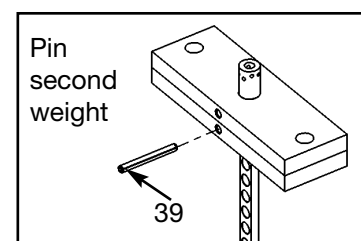


Figure 15

7. Routing Cable (see steps 7A - 7J and Figure 16).

- A. Install upper assemblies to any stations within the Modular/Tandem configuration that contain upper assemblies. See the Modular and Tandem installation instructions.
- B. Locate weight stack cable (#53), four pulleys (#1), pulley mount (#40), three SHCS .375-16 x 1.75 (#29), one SHCS .375-16 x 2.00 (#26) and four nylon locknuts .375-16 (#57) and one spiral pin (#38).
- C. Route cable to inside of column (#78). See Figure 16, letter D.
- D. At the same time, install pulley to lower pulley bracket and route cable (#53) using one pulley (#1), one SHCS .375-16 x 1.75 (#29) and one nylon locknut .375-16 (#57). See Figure 16, letter D. Set cable down.
- E. Attach one end of the weight stack cable (#53) to the frame as shown in Figure 16 (using one SHCS .375-16 x 1.75 (#29) and one nylon locknut .375-16 (#57). See Figure 16, letter E.
- F. **NOTE:** Do not install hanging pulley in this step. At the same time, route cable (#53) and install the last pulley before the weight stack (using one SHCS .375-16 x 1.75 (#29) and one nylon locknut .375-16 (#57). See Figure 16, letter F.
- G. Pick up the other cable and install the pulley mount (#40). Drive a spiral pin (#63H) through cable end and pulley mount as shown in Figure 16, letter G.
- H. Wrap a portion of the weight stack cable (#53) around the last pulley (#1) to be installed. At the same time, route cable (#53) and install pulley (#1) using one SHCS .375-16 x 2.00 (#26) and one nylon locknut (#57).
- I. Route cable downward to top plate. Slide rubber boot (#63B) onto cable. Drive a spiral pin through top plate connector and cable end. The top weight should be snug (just resting on the next plate). See Figure 16, letter H.
- J. Slide rubber boot over top weight connector.

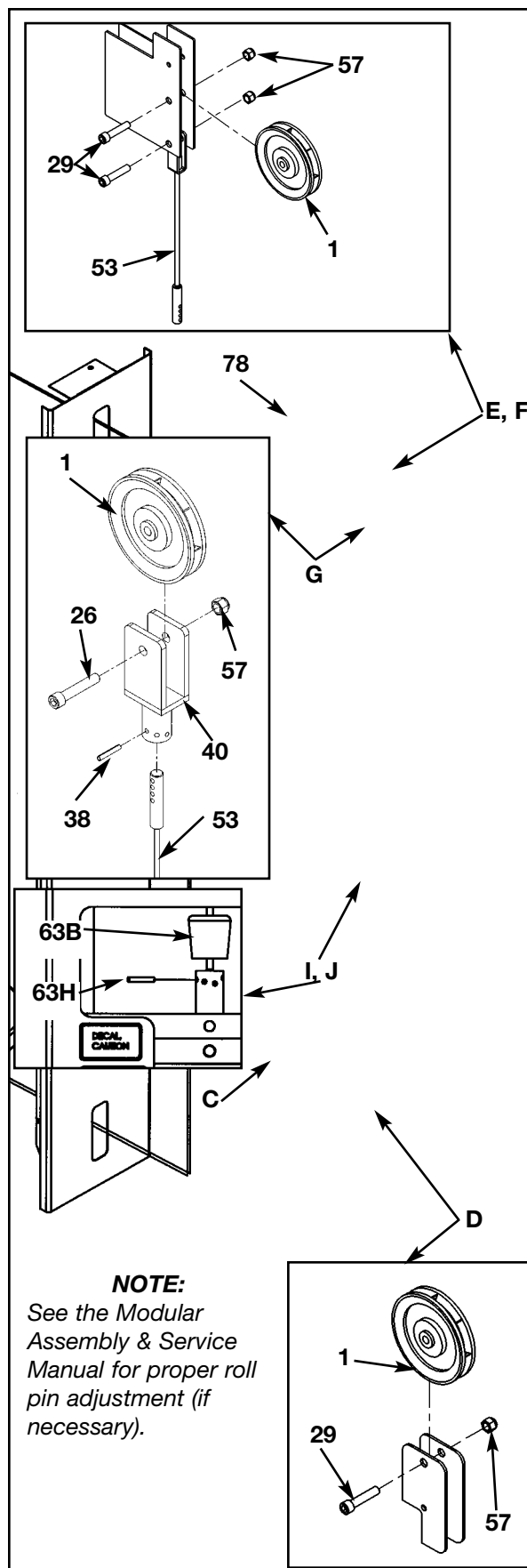


Figure 16

- K.** For Free Standing units, place back cover (#74) to column (#78) into position (bottom first) and secure using the BHSCS .375-16 x 2.00 (#69) that was removed from step 3C. See Figure 17.

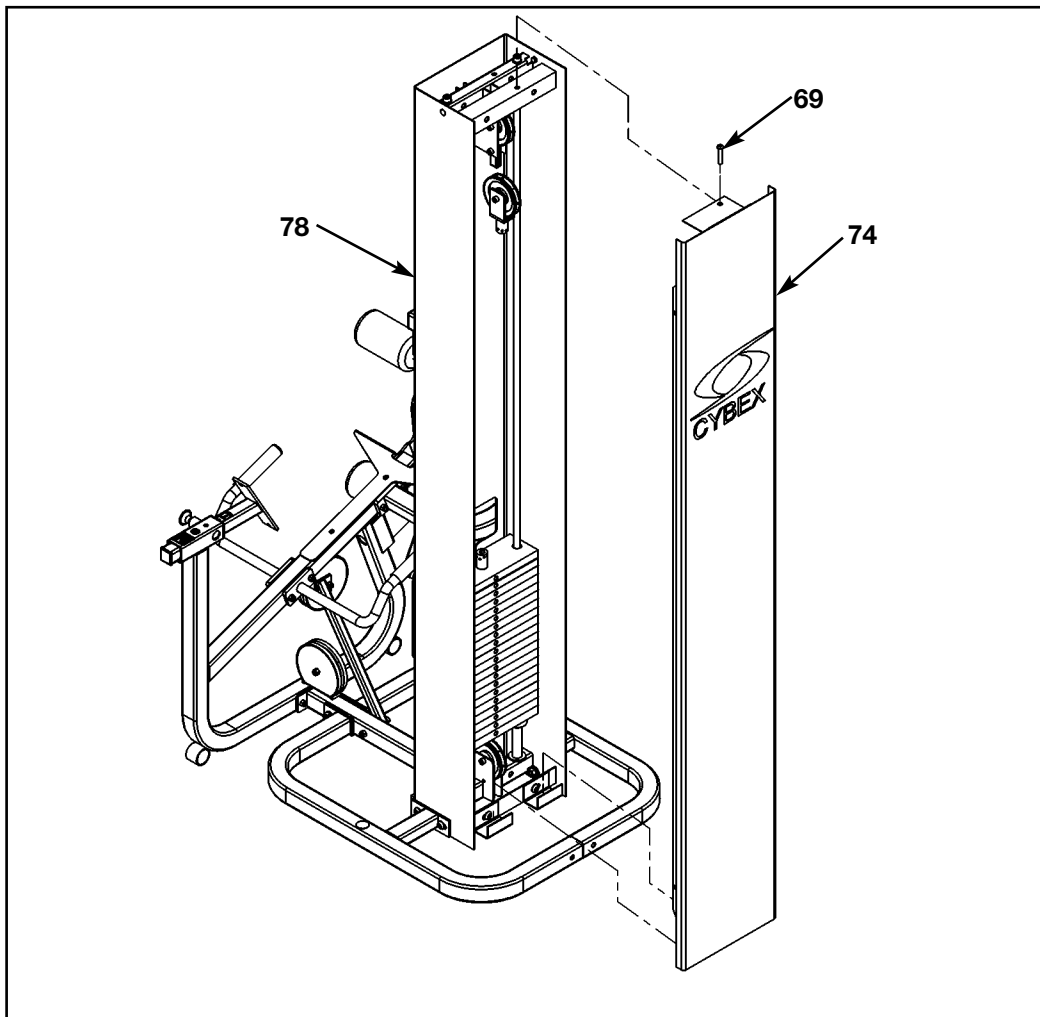


Figure 17

8. Install Weight Plate Decal and Half Weight
(see steps 9A - 9H, Figures 19 and 20).

- A. Locate the weight plate decals.
- B. Place weight plate decals on weight plates according to steps listed below and Figures 18 and 19.
- C. Slowly and carefully peel off back side of decal. **NOTE:** When peeling off back cover, make sure that the decals remain attached to the front sticker.
- D. Align holes in decal with appropriate holes in weight stack. **NOTE:** Do not allow the adhesive to touch weight stack at this time.
- E. Insert a guide pin through each hole of the template. **NOTE:** A guide pin can be anything that fits through the weight stack hole, such as a weight stack selector pin.
- F. Carefully align decal and rub it onto weight plates.
- G. Carefully remove front side, leaving decals adhering to weight plates. See Figure 19.
- H. Locate half weight and install it on the half weight peg.

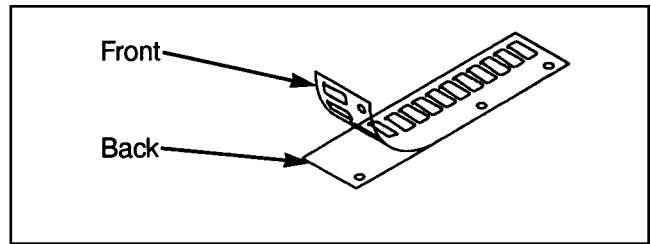


Figure 18

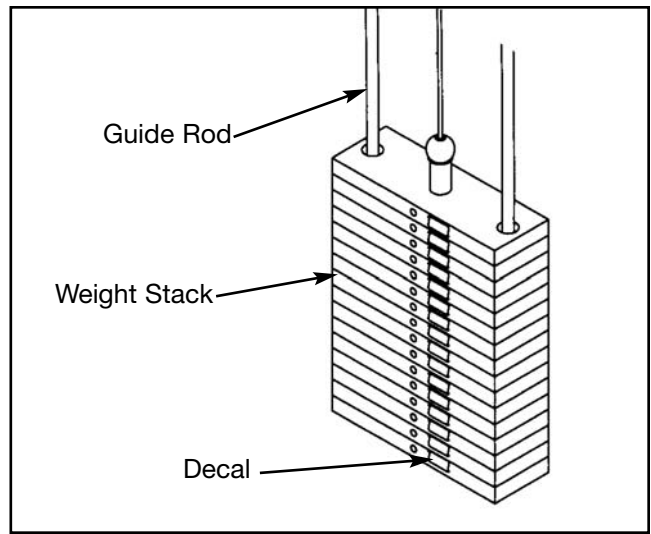


Figure 19

10. Install the back and seat cushions (see steps 10A - 10I and Figures 20 - 21).

- A. Locate the cushion box and verify the contents as shown in Figure 20.

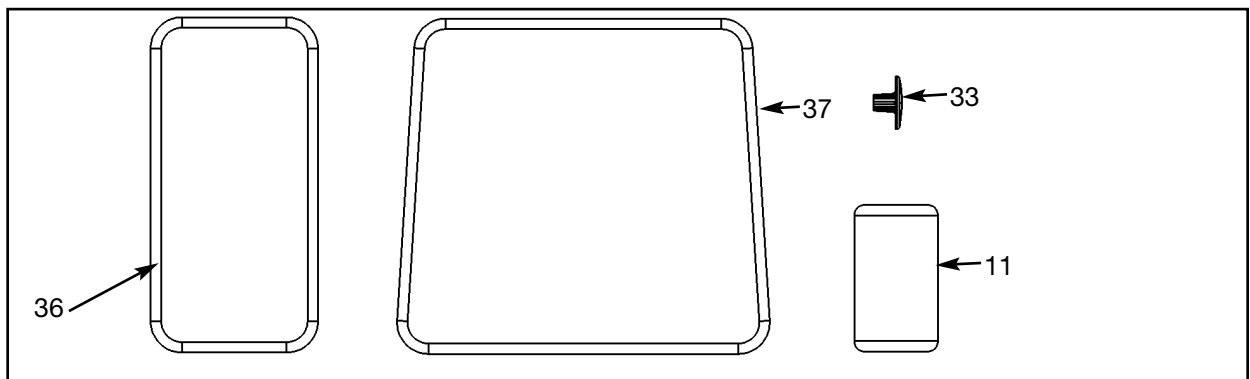


Figure 20

- B.** Locate the back cushion (#36), seat cushion (#37), four cushions 4.00 Dia. x 7.00 L x .875 (#11), four plastic inserts (#33) and two SHCS .375-16 x 1.25 (#59).
- C.** Install back cushion (#36) using two SHCS .375-16 x 1.25 (#59) as shown in Figure 21.
- D.** Install seat cushion (#37) using two SHCS .375-16 x 3.00 (#27) secured into the frame. Remove the hex nut and washer then install each SHCS into the cushion. See Figure 21.

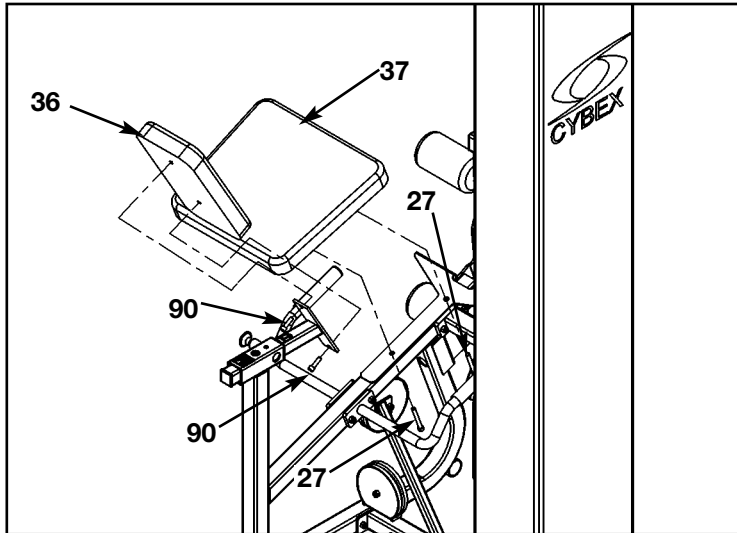
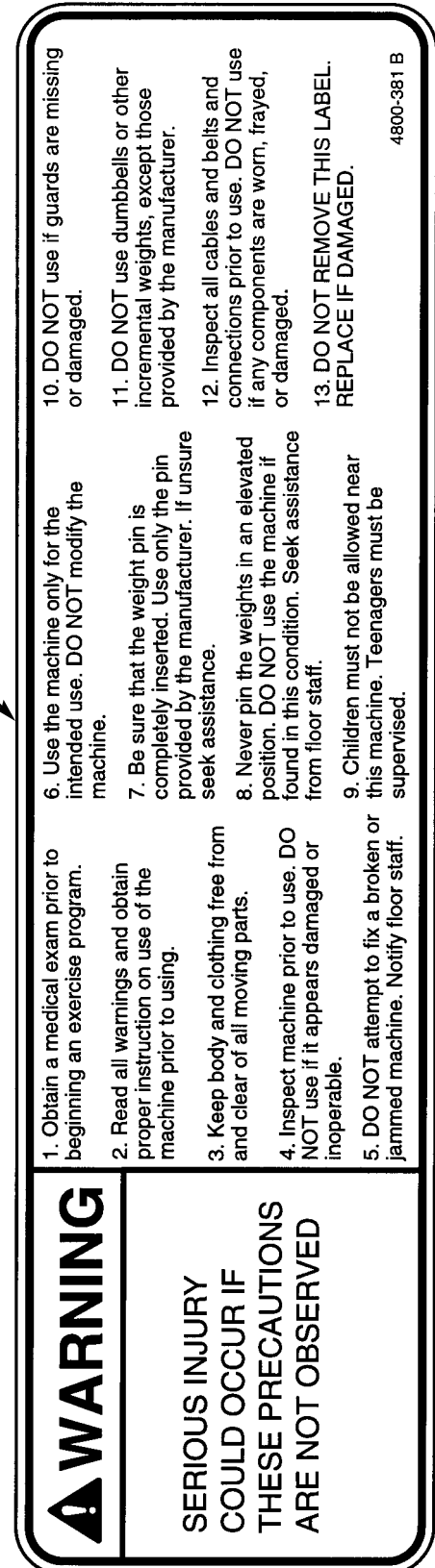


Figure 21

11. Verify proper operation.

12. Verify warning decals are present and not damaged (see decals below and Figure 22).



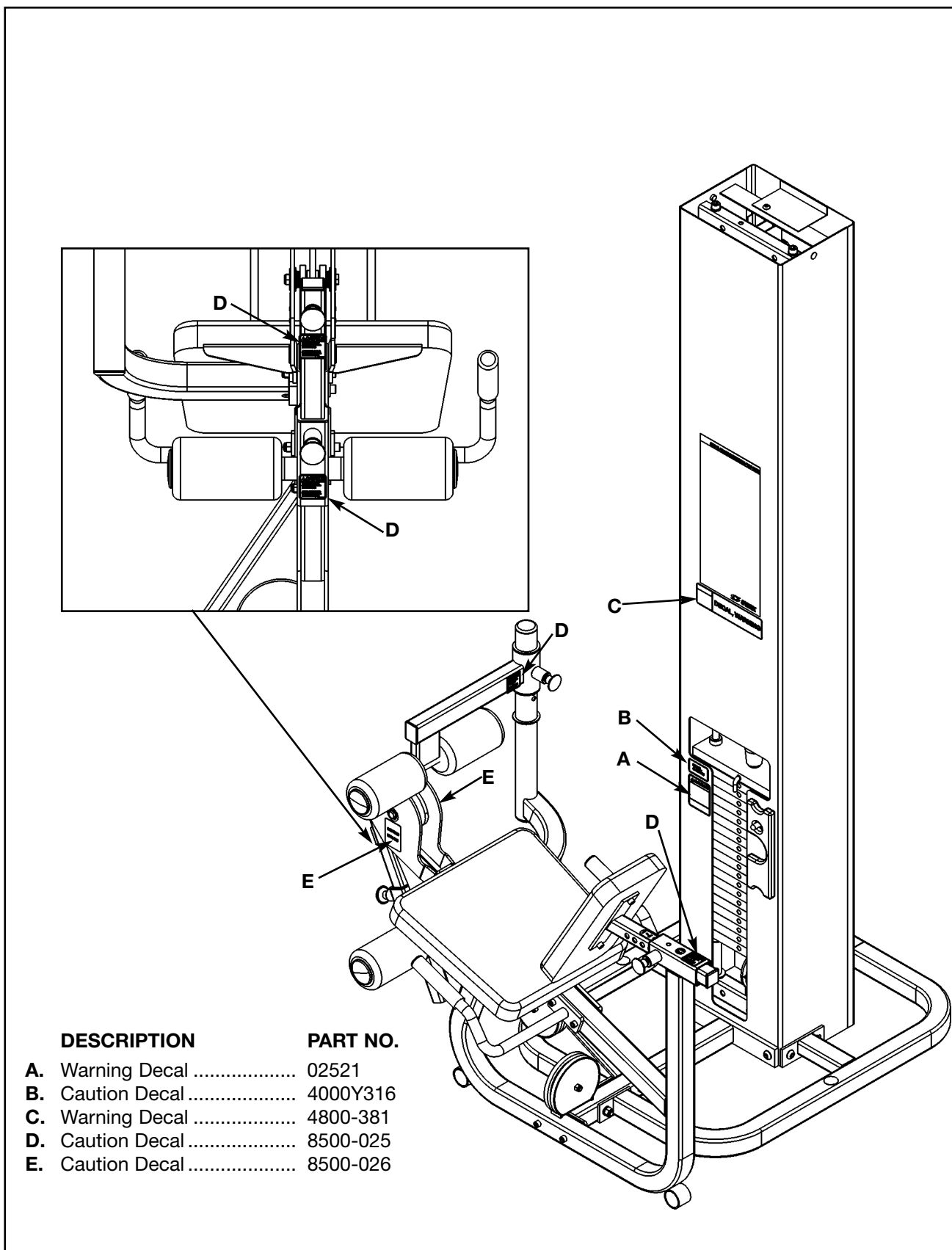


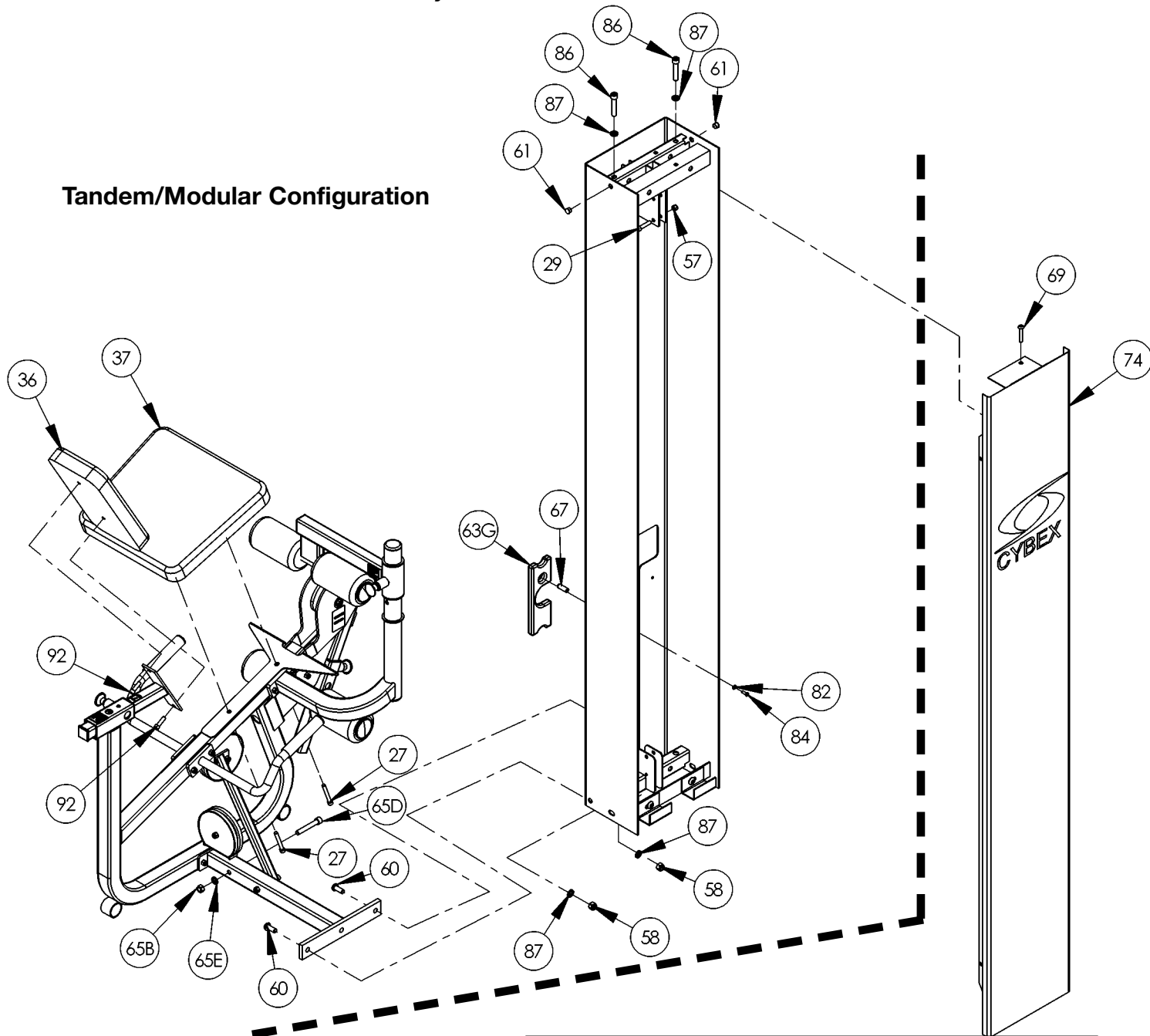
Figure 22

5307/5653 - Leg Extension/Leg Curl Station

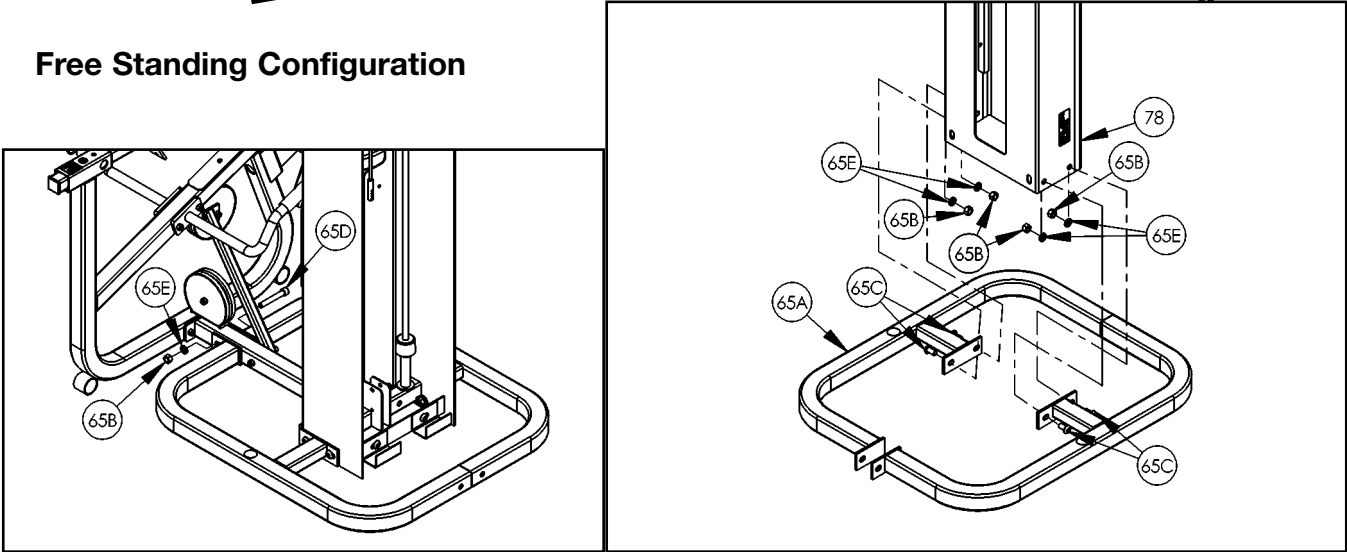
ITEM	QTY	PART NO.	DESCRIPTION
1	3	08014	Pulley
26	2	HC702826	SHCS .375-16 x 2.00
27	2	HC702834	SHCS .375-16 x 3.00
29	3	JC702824	SHCS .375-16 x 1.75
36	1	4800-021	Back Cushion
37	1	4800-015	Seat Cushion
38	1	HP286819	Spiral Pin
39	1	8640-330	Spring pin 10 mm x 90 mm Black
40	1	02120	Pulley Mount
53	1	5653-003	Weight Stack Cable
57	3	HN704901	Nylon Locknut .375-16
58	2	HN784900	Nylon Locknut .50-13
59	4	JC782820	SHCS .375-16 x 1.25
60	2	JC780420	BHSCS .50-13 x 1.25
61	2	PN660201	Hole Plug
62	20	4000C062	Weight Plate 4 x 12
63	1	4700-010	Top Weight Assembly
63A	2	4700-019	Bearing Flange .62 x .92 x 1.50 Lg
63B	1	4700M005	Rubber Cap
63C	1	4700-307	Top Weight 20-4 x 12
63D	1	4700M004	Cable Connector
63E	1	5310P044	Weight Selector Pin
63F	2	BR030206	Retaining Ring
63G	1	C-ZA000200	Half Weight

ITEM	QTY	PART NO.	DESCRIPTION
63H	1	HP286819	Spiral Pin
64	4	HN784000	Hex Nut .50-13
65	1	5302-51	Modular Base Assembly
65A	1	5301-200	Base
65B	5	HN784000	Hex Nut .50-13
65C	4	JC780417	BHSCS .50-13 x 1.00
65D	1	JC782836	SHCS .50-13 x 3.25
65E	5	JS388300	Split Lockwasher .50
66	2	01755	Guide Rod Collet - Long
67	1	02106	Half Weight Peg
69	1	HC700426	BHSCS .375-16 x 2.00
74	1	5310C029	Back Cover
75	2	5310M035	Weight Rod .625 Dia. x 85.31
78	1	5653-200	Column
79	2	5653-302	Weight Spacer 4.00
82	1	HS308300	Split Lockwasher
83	4	HS760106	Flat Washer 1.75 .688 .140 T
84	1	JC620415	BHSC .25-20 x .75
86	2	JC782830	SHCS .50-13 x 2.50
87	6	JS388300	Split Lockwasher .50
88	2	PP080204	Plastic Cap .625 ID x .68 OD
89	2	PR060005	Bumper Weight
90	2	JC7082820	SHCS .375-16 x 1.25

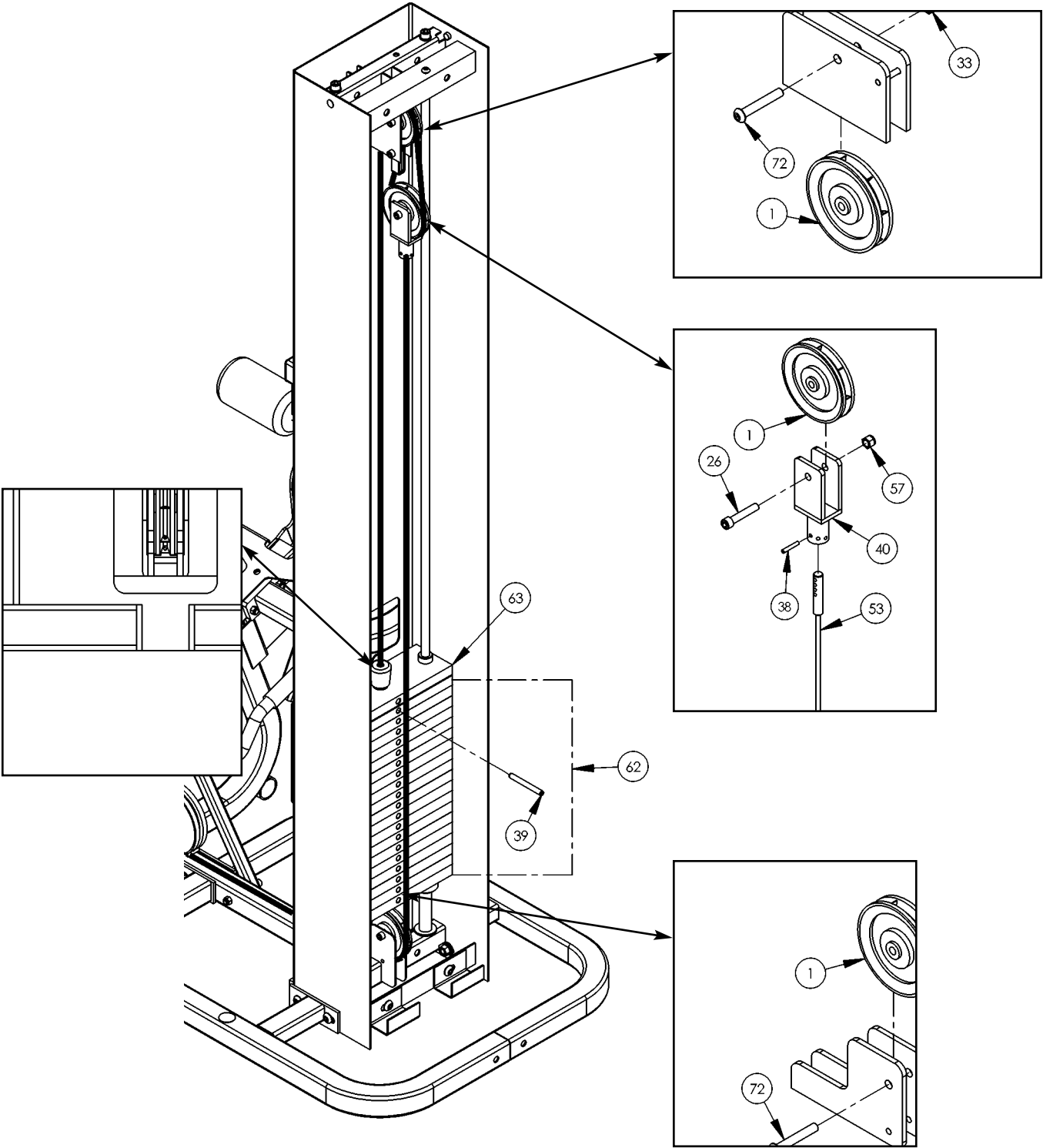
Tandem/Modular Configuration



Free Standing Configuration



Cable Routing



Chapter 5 - Maintenance

All preventive maintenance activities must be performed on a regular basis. Performing routine preventive maintenance actions can aid in providing safe, trouble-free operation of all Cybex Strength Systems equipment.

NOTE: *Cybex is not responsible for performing regular inspection and maintenance actions for your machines. Instruct all personnel in equipment inspection and maintenance actions and also in accident reporting/recording. Cybex phone representatives are available to answer any questions or concerns that you may have.*



NOTE: *All inspections and repairs must be performed by trained service personnel only.*

Cybex will void warranty if non-Cybex replacement parts are used.

Daily Procedures

1. **Upholstery** - Wipe down all upholstery as per the recommendations listed below for light soiling and more difficult stains.

Light Soiling

- A solution of 10% household liquid dish soap with warm water applied with a soft damp cloth.
- If necessary, a solution of liquid cleanser and water applied with a soft bristle brush. Wipe away the residue with a water dampened cloth.

More Difficult Stains

- Dampen a soft white cloth with a solution of household bleach (sodium hypochlorite), 10% bleach, 90% water. Rub gently. Rinse with a water dampened cloth to remove bleach concentration.
- The same procedure can be used with full strength household bleach, if necessary.
- Allow bleach to puddle on the affected area or apply with a soaked cloth for approximately 30 minutes. Rinse with a water dampened cloth to remove any remaining bleach concentration.

Alternative Method for Difficult Stains

- Dampen a soft white cloth with rubbing alcohol and rub gently. Rinse with a water dampened cloth to remove any remaining rubbing alcohol concentration.

NOTE: To restore luster, a light coat of spray furniture wax can be used. Apply for 30 seconds and follow with a light buffing using a clean white cloth.

Please Review Carefully

When using strong cleaning agents such as rubbing alcohol or bleach, it is advisable to first test in an inconspicuous area. Other cleaning agents may contain harsh or unknown solvents and are subject to formula changes by the product manufacturer without notice. Should you desire to use other cleaning agents, carefully try them in an inconspicuous area to determine potential damage to the material. Never use harsh solvents or cleaners which are intended for industrial applications. To clean stained or soiled areas, a soft white cloth is recommended. Avoid use of paper towels.

Cleaning products may be harmful/irritating to your skin, eyes, etc. Use protective gloves and eye protection. Do not inhale or swallow any cleaning product. Protect surrounding area/clothing from exposure. Use in a well ventilated area. Follow all product manufacturer's warnings. Cybex and its vendors cannot be held responsible for damage or injuries resulting from the use or misuse of cleaning products.

- 2. Frames** - Wipe down all frames using a mild solution of warm water and car wash soap. Be sure to dry thoroughly. **AVOID** acid or chlorine based cleaners and also cleaners containing abrasives as these could scratch or damage the equipment.
- 3. Chrome** - Clean chrome tubes, first using chrome polish and then using a car wax seal. Neutral cleaners with a pH between 5.5 and 8.5 are recommended. Be sure to dry thoroughly. **AVOID** acid or chlorine based cleaners and also cleaners containing abrasives as these could scratch or damage the equipment.

4. Guidelines for cleaning front panel:

- Use clean soft cloths or sponges for application of cleaners and again for washing and rinsing.
- Follow up the application with warm water rinse.
- Don't use abrasives or high alkaline cleaners.
- Don't leave cleaners on for long periods, wash immediately.
- Don't apply cleaners in direct sunlight or at elevated temperatures.
- Don't use scrapers, squeegees or razors.
- Don't clean with gasoline.

Compatible Cleaners and Detergents:

- Formula 409
- Top Job
- Joy
- Palmolive
- Windex with Ammonia D

To Minimize Fine or Hairline Scratches:

Mild automotive polish applied and removed with a soft, clean cloth will help fill scratches.

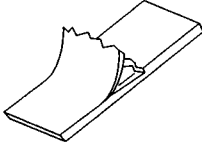
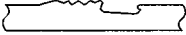
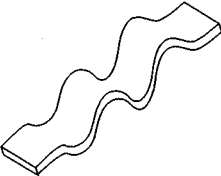
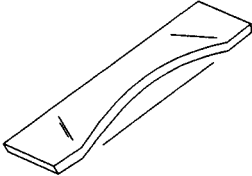
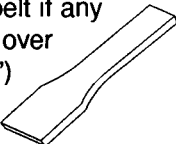
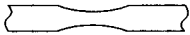
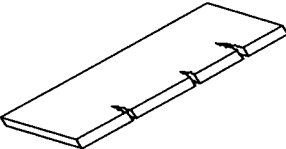
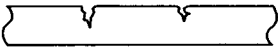
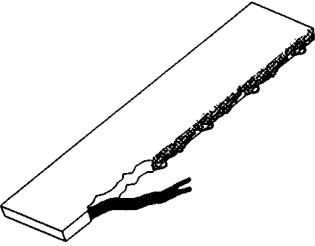
Suggested Polishes:

- Johnson Paste Wax
- Mirror Glaze #10 Plastic Polish (by Mirror Bright Polish Co.)
- Novus Plastics Polish #1, #2 (by Novus Inc.)

Weekly Procedures

1. Check all nuts and bolts for looseness. Tighten as required.
2. Inspect all belts (entire length) for any ***non-uniformity and wear***.

Immediately replace belt if any of the following conditions are present:

	3D View	3D or Side View
• Peeling of the belt's skin.		
• Wave in the belt.		
• Belt is necked down (narrow section).	Replace belt if any section is over 1/32" (.03") narrower than rest of the belt. 	 Examine edge of belt (both sides). Replace belt if any section is narrower than the rest.
• Cracks or splits.		
• One or more strands of kevlar hanging out. <i>NOTE: Also replace belt if there is a significant amount of frayed kevlar.</i>		

3. Some machines use cables in addition to belts. Inspect all cables for wear or damage and proper tension. When inspecting cables, run your fingers on the cable, paying particular attention to bends in the cable and attachment points.

Replace all worn cables immediately. The following conditions may indicate a worn cable:

- A tear or crack in the cable sheath that exposes the cable. See Figure 1

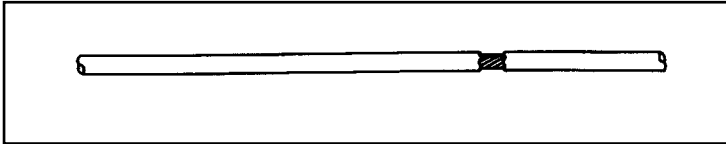


Figure 1

- A kink in the cable. See Figure 2.

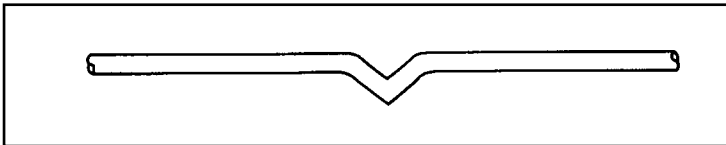


Figure 2

- A curled sheath. See Figure 3.

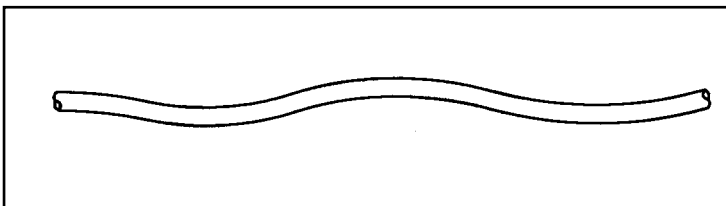


Figure 3

- “Necking”, a stretched cable sheath. See Figure 4.

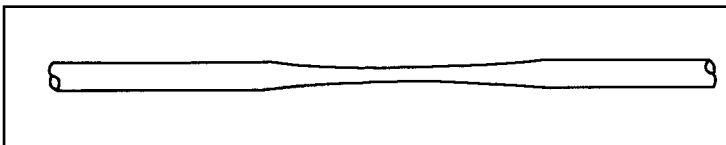


Figure 4

4. Inspect bars and handles for wear, paying particular attention to tab area connecting points.

Replace all worn handles immediately.

5. Inspect snap links for proper latching (indicates wear).

Replace all worn snap links immediately.

6. Inspect all labeling for readability. This includes instructional placards, warning and caution decals.

Replace all worn labeling immediately.

7. Inspect all weight stacks for proper alignment and operation.

Correct all improper alignment and operation issues immediately.

8. Wipe *Weight Stack Guide Rods* clean over entire length. Lubricate with a light coat of medium weight automotive engine oil.

Yearly Procedures

1. Replace all belts and cables at least annually.

"As Required" Procedures

1. Inspect grips and replace as necessary.

6 - Assembly and Service

Please refer to the next several pages for parts lists, exploded-view diagrams and cable routing diagrams.



CAUTION

**Use only Cybex replacement parts when servicing.
Failure to do so could result in personal injury.**

NOTE: All inspections and repairs must be performed by trained service personnel only.

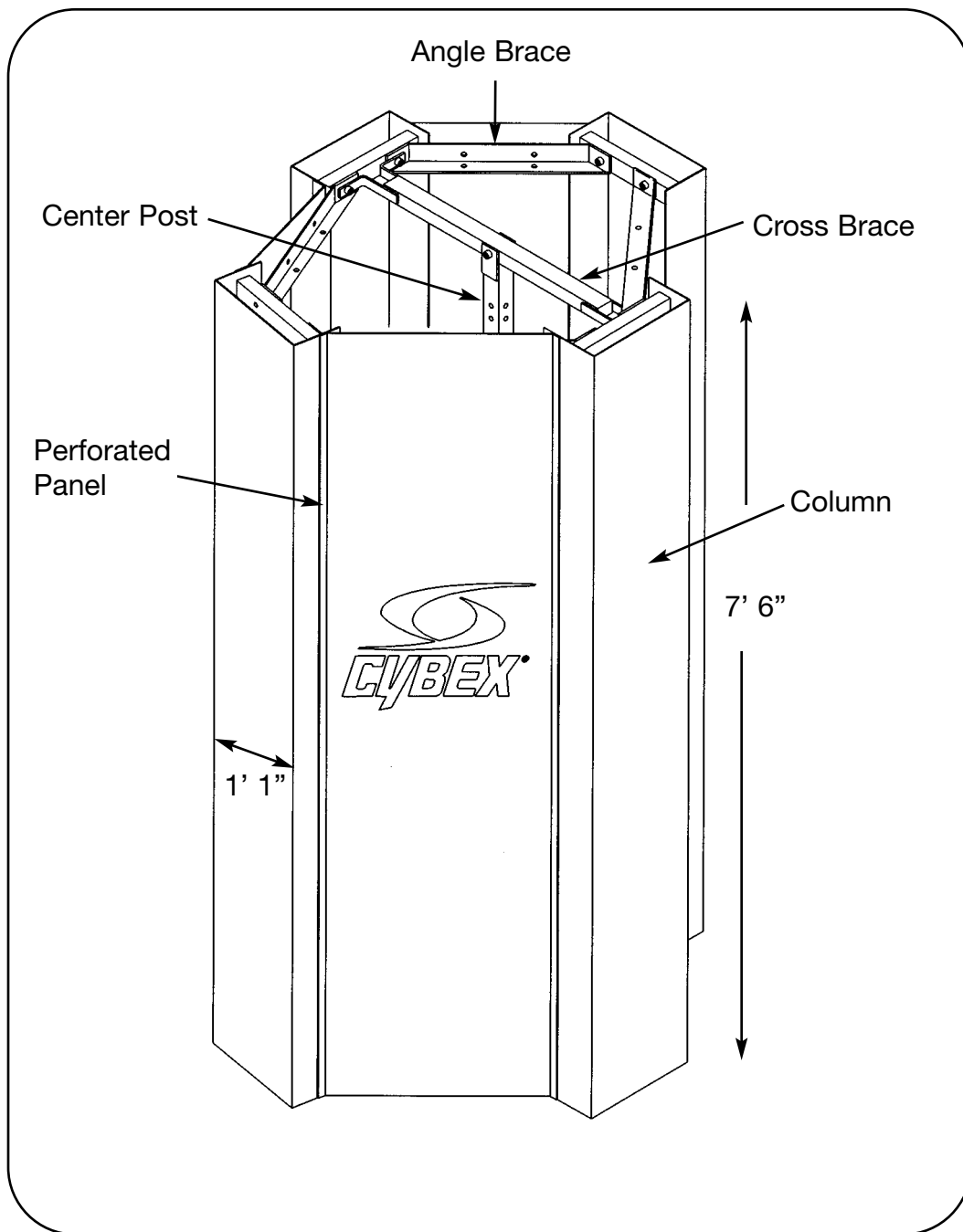
Cybex will void warranty if non-Cybex replacement parts are used.

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MODULAR CENTER POST

5600

ASSEMBLY & PARTS



5600 - Modular Center Post

ITEM	QTY	PART NO.	DESCRIPTION
1	1	01543	Upright Tube (Center Post)
2	2	01544	Cross Brace
3	18	HN784000	Hex Nut .50-13
4	2	JC782838	SHCS .50-13 x 3.50
5	18	JS388300	Split Lockwasher .50
6	8	01062	Angle Brace
7	4	02215	Magnetic Edge Guard (RH)
8	16	JC782834	SHCS .50-13 x 3.00
9	4	02214	Magnetic Edge Guard (LH)
10	24	HT552510	Self Tapping Phillips Screw 6-20 x .375
11	1	01547	Modular Dome Cover

Assembly Notes

NOTE: (1) Two people will be required to assemble center post.

(2) Unless otherwise specified, leave all nuts and bolts loose until end of assembly.

1. If ceiling is less than 10 feet then install weight stacks and skip step 5. Otherwise, if ceiling is greater than 10 feet then do not install weight stacks until step 5.
2. Install angle braces (item 6) onto column as shown in the exploded-view diagram.
3. Install lower assemblies for each Modular station to columns.
4. Install center post (item 1) and each upper cross brace (item 2).
5. Install weight stacks utilizing short guide rods. Attach cable to weight stack.
6. Install upper assemblies for each Modular station.
7. Route cable for each Modular station.
8. Install body weight stations (if used).
9. Attach the left hand magnetic edge guard and right hand magnetic edge guard to perforated panel. Repeat this step for each panel.
See PANEL ASSEMBLY TOP VIEW.
10. Install all perforated panels. See INSTALLATION OF PANELS.

NOTE: The letters in the exploded-view diagram refer to the installation of perforated panels.

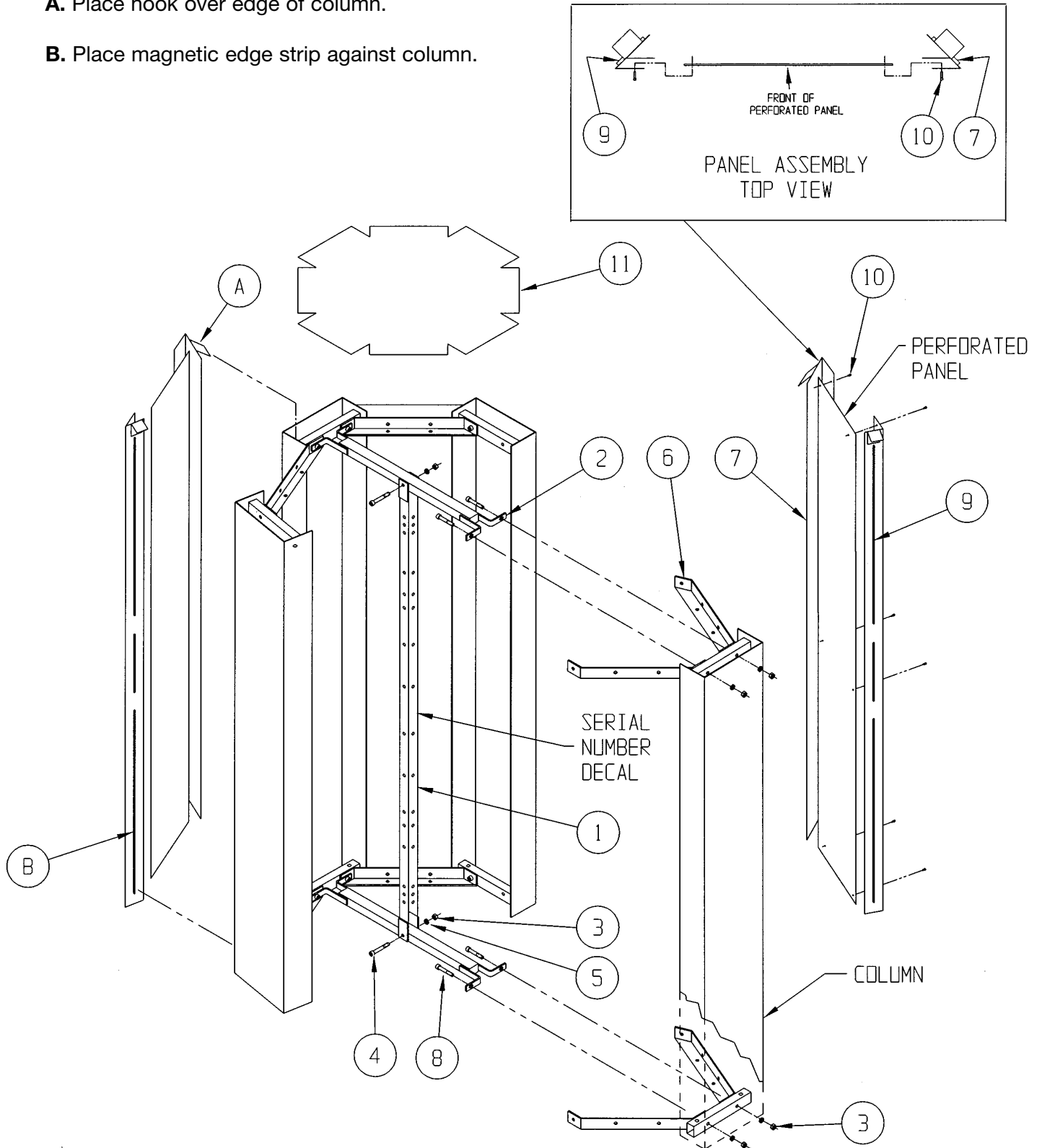
11. Install all upholstery.

NOTE: This machine shipped with an Owner's Manual. Additional copies can be obtained by contacting your dealer or a Cybex Representative at 1-888-462-9239.

NOTE: The letters in the exploded-view diagram refer to the installation of perforated panels.

Installation of Panels

- A.** Place hook over edge of column.
- B.** Place magnetic edge strip against column.

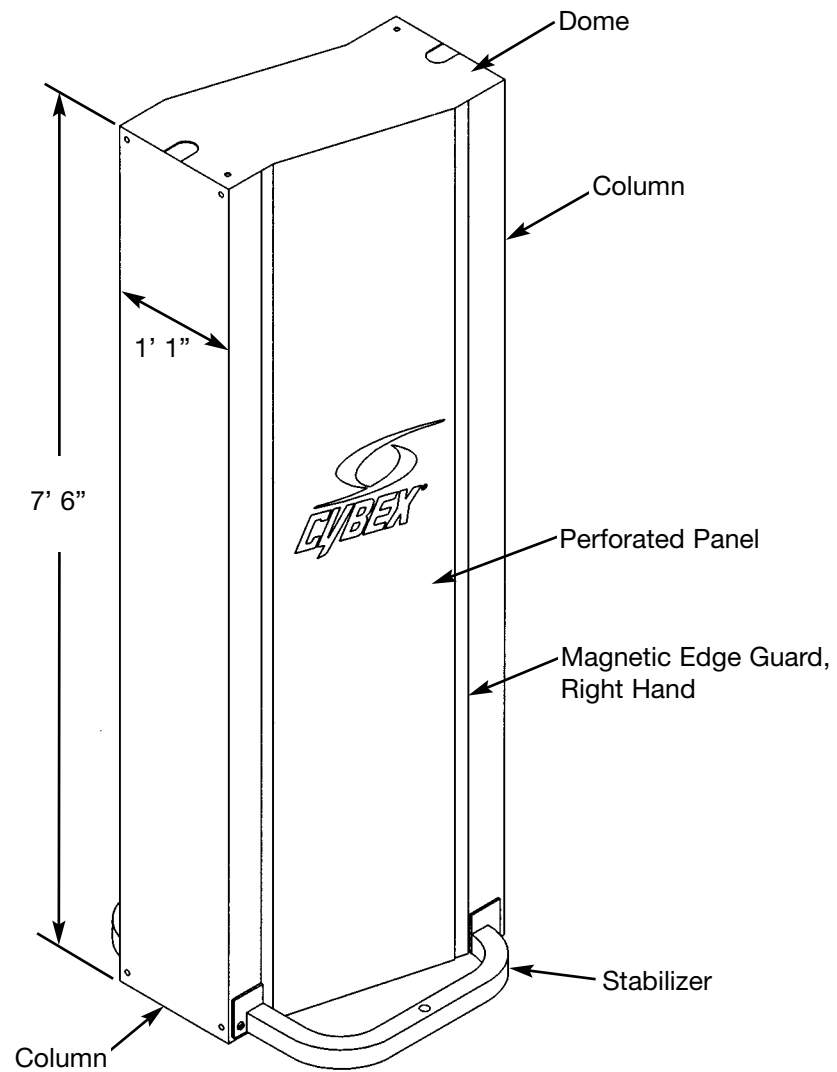




TANDEM CENTER POST & DOME

5629

ASSEMBLY & PARTS



5629 - Tandem Center Post & Dome

ITEM	QTY	PART NO.	DESCRIPTION
1	1	01779	Frame
2	2	01778	Stabilizing Base
3	8	JC782834	SHCS .50-13 x 3.00
4	4	JC780417	BHSCS .50-13 x 1.00
5	14	JS388300	Split Lockwasher .50
6	14	HN784000	Hex Nut .50-13
7	2	02216	Right Hand Magnetic Edge Guard
8	2	02217	Left Hand Magnetic Edge Guard
9	21	HT552510	Self-Tapping Phillips Screw 6-20 x .375
10	1	01776	Dome
11	2	PP080202	Plastic Insert
12	6	HS387700	Washer .50

Assembly Notes

1. If ceiling is less than 10 feet then install weight stacks using the long guide rods supplied with column. Otherwise, if ceiling is greater than 10 feet then do not install weight stacks until step 5.

CAUTION: Columns will lean with weight stacks installed.

2. Attach both columns to frame.
3. Install lower assemblies and stabilizer (item 2) to each column.
4. Install upper assemblies to each column.
5. Install weight stacks utilizing short guide rods. Attach each cable to appropriate weight stack.
6. Route cables.
7. Attach right hand magnetic edge guard (item 7) and left hand magnetic guard (item 8) to perforated panels using five screws (item 9) for each magnetic strip. See PANEL ASSEMBLY TOP VIEW.
8. Install perforated panels. See INSTALLATION OF PANELS.
NOTE: The letters in the exploded-view diagram refer to the installation of perforated panels.
9. Install upholstery.

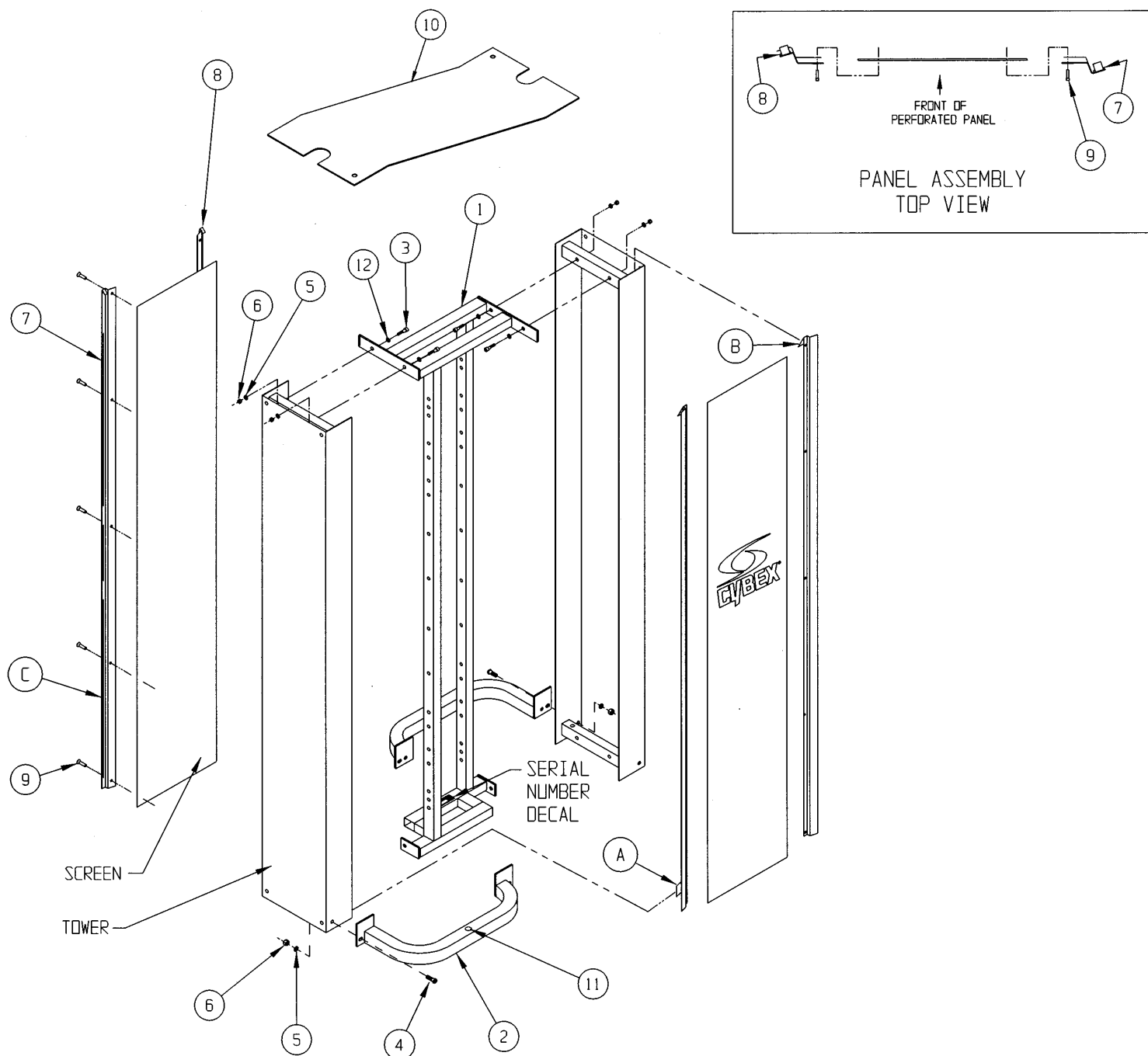
NOTE: Hardware pack includes additional hardware required for machines with lower pulley mount.

NOTE: This machine shipped with an Owner's Manual. Additional copies can be obtained by contacting your dealer or a Cybex Representative at 1-888-462-9239.

NOTE: The letters in the exploded-view diagram refer to the installation of perforated panels.

Installation of Panels

- A.** Slide hook located on lower left side of perforated panel into inside edge of column..
- B.** Place hook over edge of column.
- C.** Place magnetic edge strip against column.

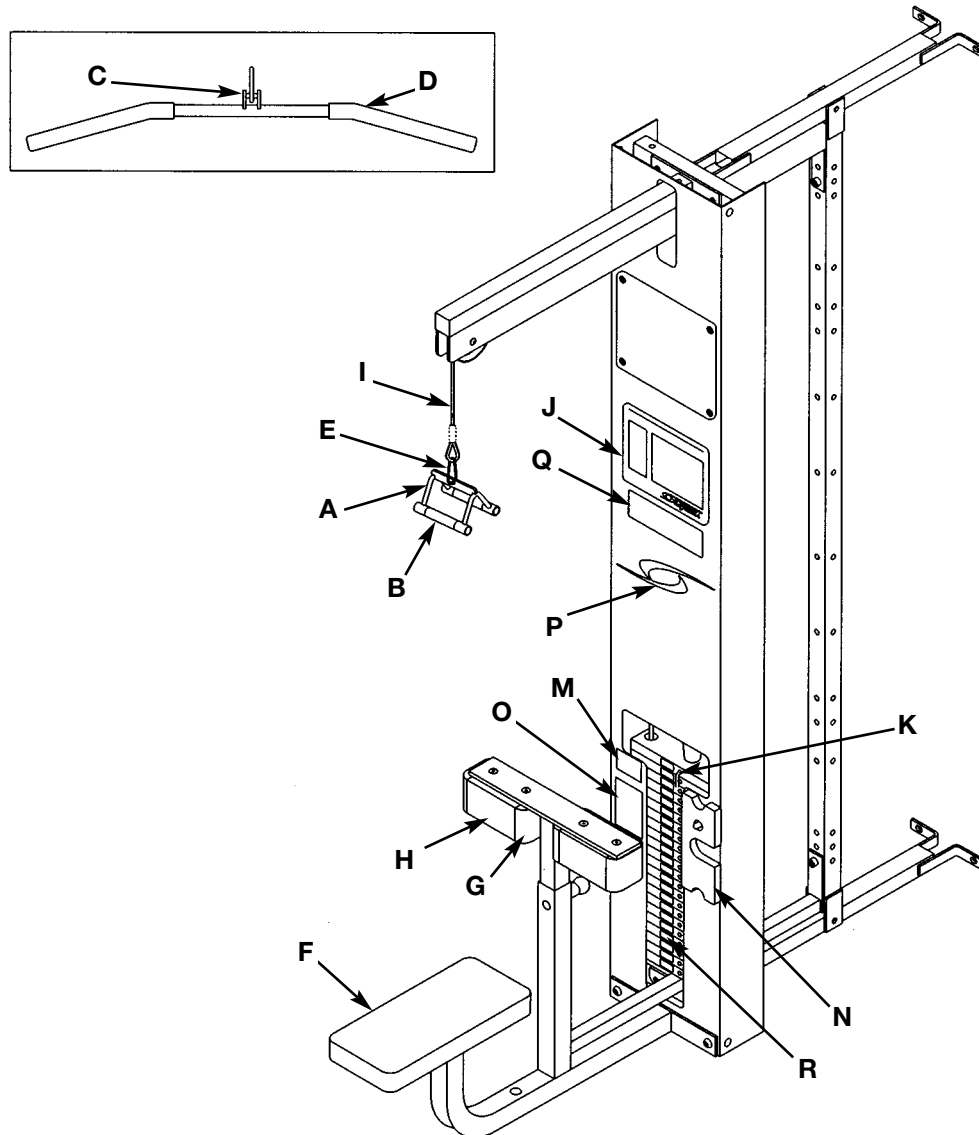




MODULAR LAT PULLDOWN

5601

ASSEMBLY & PARTS



NOTE: See exploded-view diagram for item: L.

DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Handle Subassembly.....	01255	I. Cable Subassembly.....	01063
B. Foam Grip.....	5310M042	J. Placard Decal.....	01065
C. Pull-down Bar.....	4005-105	K. Weight Selector Pin.....	5310P044
D. Foam Grip.....	PR400201	L. Serial Number Decal	
E. Snap Link.....	GQ000206	M. Caution Decal.....	4000Y316
F. Seat Cushion.....	4800-024	N. Half Weight.....	C-ZA000200
G. Thigh Cushion and Wear		O. Warning Decal.....	02521
Cover (item H).....	4800-071	P. Vortex Decal.....	3900-426
H. Wear Cover.....	4800-101	Q. General Warning Decal.....	4800-381
		R. Weight Plate Decal.....	4800-515

UPHOLSTERY HARDWARE PACK....4005S088

5601 - Lat Pulldown

ITEM	QTY	PART NO.	DESCRIPTION
1	1	01048	Seat Support
2	1	01069	Adjusting Post
3	2	JC780422	BHSCS .50-13 x 1.50
4	6	JS388300	Split Lockwasher .50
5	4	HN784000	Hex Nut .50-13
6	1	4000M218	Detent Pin
7	1	PP080202	Plastic Insert
8	1	01054	Pulley Mount
9	4	GP000004	Pulley Spacer
10	2	GP000203	Pulley Center
11	2	GP000000	Pulley Assembly
12	4	HC700414	BHCS .375-16 x .62
13	1	JC782838	SHCS .50-13 x 3.50
14	1	PP090200	Plastic Insert
15	1	01055	Scuff Plate
16	4	01066	Plastic Fastener
17	2	01755	Guide Rod Collet
18	2	5310M035	Weight Stack Guide Rod
19	2	PR060005	Weight Bumper
20	2	JC782830	SHCS .50-13 x 2.50
21	2	PP080204	Plastic Cap .625 ID x .68 OD
22	2	01239	Spacer
23	4	PN660201	Hole Plug
24	1	4700M005	Rubber Cap
25	1	4700-010	Top Weight Assembly
• 26			Removed
• 27	19	4005C062	Stack Weight 4 x 12
28	1	HP286819	Spiral Pin
29	2	JC700917	FHSCS .375-16 x 1.00
30	4	JC700922	FHSCS .375-16 x 1.50
• 31	2	4700-019	Flange Bearing
• 32	2	BR030206	Retaining Ring
33	1	JC782834	SHCS .50-13 x 3.00
34			Removed
35	1	02106	Half Weight Peg
36	1	HS308300	Split Lockwasher .25
37	1	JC620415	BHSCS .25-20 x .75
38	1	4800-024	Seat Cushion
39	2	4800-071	Thigh Cushion
40	1	01065	Placard Decal
41	1	4000Y316	Caution Decal
42	1	02521	Warning Decal
43			Removed
44	1	4800-381	General Warning Decal
45	1	01063	Cable Subassembly
46	1	5310P044	Weight Selector Pin
47	1	C-ZA000200	Half Weight
48	1	02224	Modular Screen (not shown)

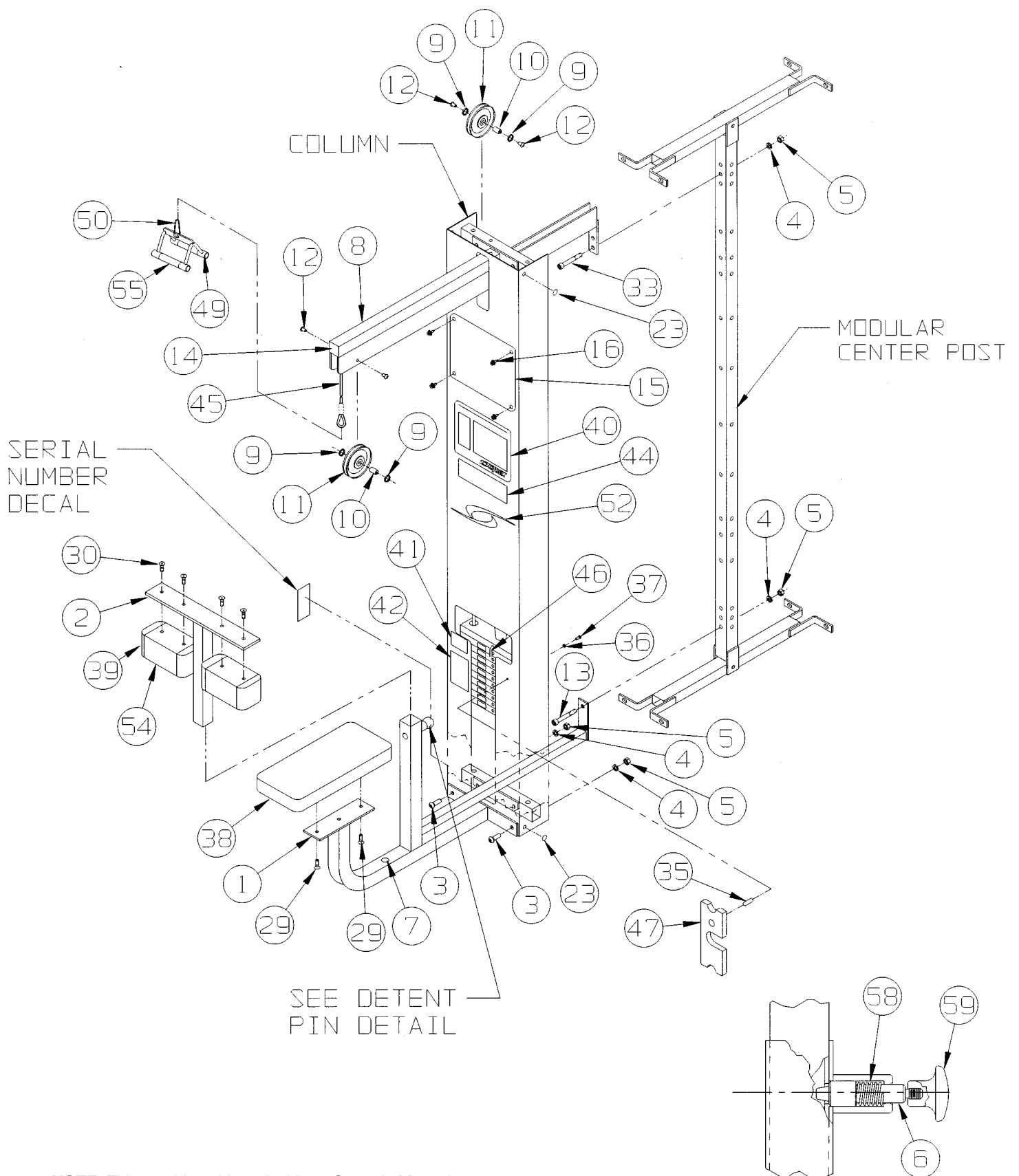
ITEM	QTY	PART NO.	DESCRIPTION
49	1	01255	Handle Subassembly
50	2	GQ000206	Snap Link
51	1	4005-105	Pulldown Bar (not shown)
52	1	3900-426	Vortex Decal
53	1	4800-515	Weight Plate Decal
54	2	4800-101	Wear Cover
55	2	5310M042	Foam Grip
56	2	PR400201	Foam Grip (not shown)
57	2	HS760106	Flat Washer 1.75 .69 .14T
58	1	BS070201	Com Spring .56 x .66 x 1.50 LG
59	1	PP460200	Plastic Knob

- FOR UNITS MANUFACTURED PRIOR TO JUNE 1993, CALL 1-888-462-9239.

Assembly Notes

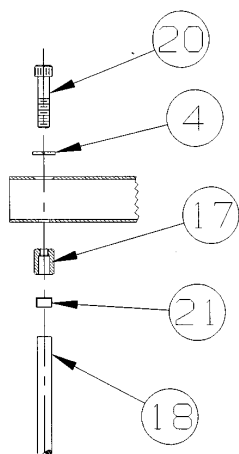
- Keep all shipping packages near area of installation. Standard items include:
 - Lat Column Assembly - 5601-98
 - Lat Pulldown Package - 5601-50
 - Lat Pulldown Cushion Box Assembly - 4005A070-0
 - Top Weight Package - 4700-010 (black)
 - Weight Pack 1 - 4700S040 (black)
 - Weight Pack 2 - 4700S043 (black)

NOTE: x denotes specific color
- When installing seat support, tip 90 degrees and insert through column slot. **NOTE:** Remove lower cross braces (if installed) before installing seat support. Use hardware supplied with the Center Post to secure seat support to lower cross braces.
- Securely tighten seat support before installing weight stack.
- Follow the assembly guidelines listed on either the 5600 Modular Center Post Assembly & Parts instruction sheet or the 5629 Tandem Center Post Assembly & Parts instruction sheet.

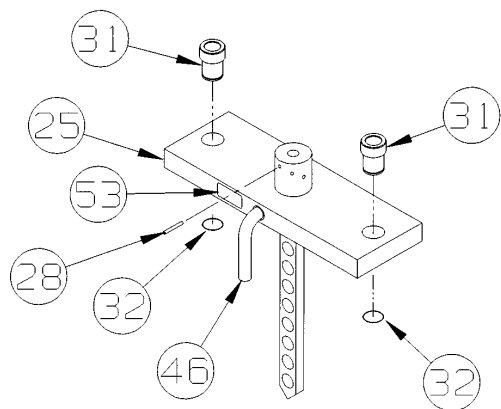


NOTE: This machine shipped with an Owner's Manual.
 Additional copies can be obtained by contacting your dealer
 or a Cybex Representative at 1-888-462-9239.

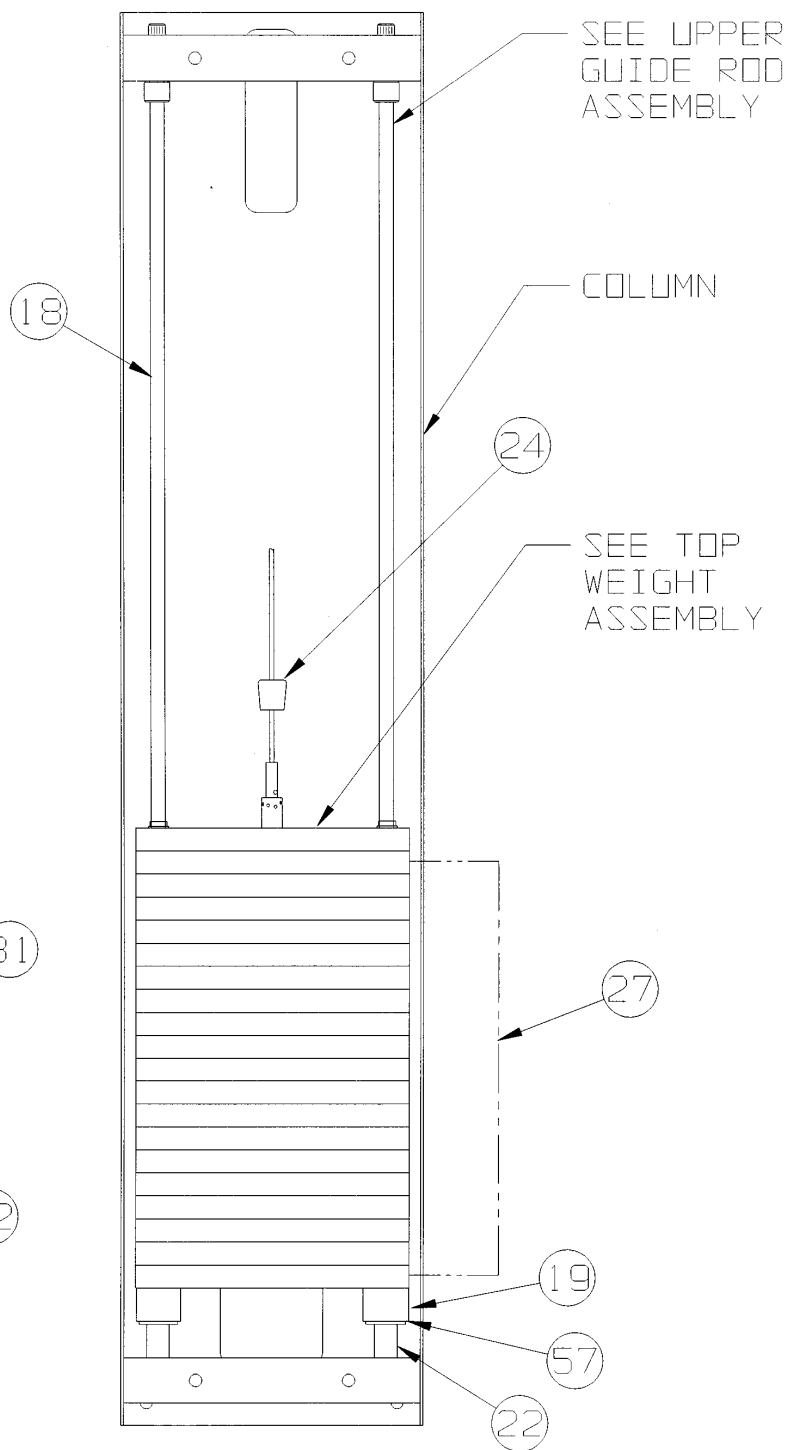
DETENT PIN DETAIL



UPPER GUIDE
ROD ASSEMBLY



TOP WEIGHT
ASSEMBLY



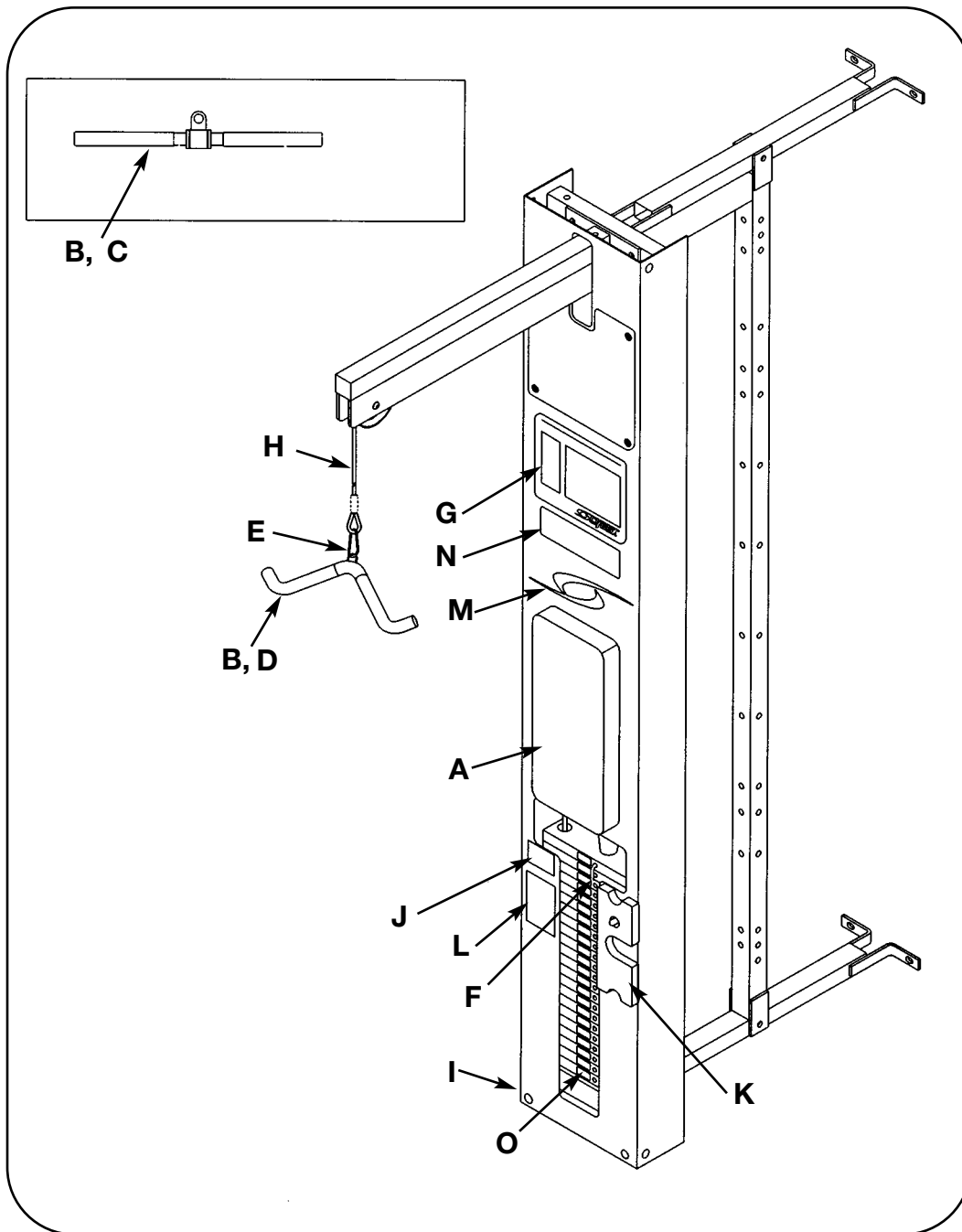
REAR VIEW



MODULAR TRICEP PRESSDOWN

5603

ASSEMBLY & PARTS



DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Back Cushion	4106S055-0	I. Serial Number Decal	
B. Foam Grip.....	4055M028	J. Caution Decal	4000Y316
C. Straight Handle.....	02203	K. Half Weight	4301C096
D. Cambered Handle	51013	L. Warning Decal.....	02521
E. Snap Link.....	GQ000206	M. Vortex Decal.....	3900-426
F. Weight Selector Pin	5310P044	N. General Warning Decal.....	4800-381
G. Placard Decal.....	01114	O. Weight Plate Decal	4800-515
H. Cable Subassembly.....	01113		

Upholstery Hardware Pack....5460S014

5603 - Tricep Pressdown

ITEM	QTY	PART NO.	DESCRIPTION
1	1	01109	Pulley Mount
2	2	GP000000	Pulley Assembly
3	4	GP000004	Pulley Spacer
4	2	GP000203	Pulley Center
5	1	HN784000	Hex Nut .500-13
6	4	HC700414	BHSC .375-16 x .625
7	1	JC782838	SHCS .50-13 x 3.50
8	3	JS388300	Split Lockwasher .50
9	1	PP090200	Plastic Insert
10	1	01055	Scuff Plate
11	4	01066	Plastic Fastener
12	2	01755	Guide Rod Collet
13	2	5310M035	Weight Stack Guide Rod
14	2	BS110200	Spring .70 ID x 1.22 OD X 2.07 L
15	2	JC782830	SHCS .50-13 x 2.50
16	6	PN660201	Hole Plug
17	2	PP080204	Plastic Cap .625 ID x .68 OD
••18	2	4700-019	Flange Bearing
19	1	4700-016	Top Weight Assembly
20	2	BR030206	Retaining Ring
21	1	HP286819	Spiral Pin
22	1	4700M005	Rubber Cap
23	14	4700C089	Stack Weight 3 x 12
24	2	HS347600	Washer .375
25	2	JC700420	BHSCS .375-16 x 1.25
• 26	1	02192	Stabilizer
• 27	2	HN784000	Hex Nut .50-13
• 28	2	JC780420	BHSCS .50-13 x 1.25
• 29	4	JS388300	Split Lockwasher .50
• 30	2	PP660006	Hole Plug
31	1	02106	Half Weight Peg
32	1	HS308300	Split Lockwasher .25
33	1	JC620415	BHSCS .25-20 x .75
34			Removed
35	2	JC782815	SHCS .50-13 X .75
• 36	1	02231	Bar Support

ITEM	QTY	PART NO.	DESCRIPTION
• 37	2	PP080202	Hole Plug
38	1	4106S055-0	Back Cushion
39	1	01114	Placard Decal
40	1	4000Y316	Caution Decal
41	1	02521	Warning Decal
42	1	3900-426	Vortex Decal
43	1	4800-381	General Warning Decal
44	1	01113	Cable Subassembly
45	1	5310P044	Weight Selector Pin
46	1	4301C096	Half Weight
47	1	02224	Modular Screen (not shown)
48	1	02203	Straight Handle (not shown)
49	1	51013	Cambered Handle
50	2	GQ000206	Snap Link
51	1	4800-515	Weight Plate Decal
52	4	4055M028	Foam Grip

• See Assembly Note #3.

•• FOR UNITS MANUFACTURED PRIOR TO JUNE 1993, CALL 1-888-462-9239.

Assembly Notes

1. Keep all shipping packages near area of installation. Standard items include:

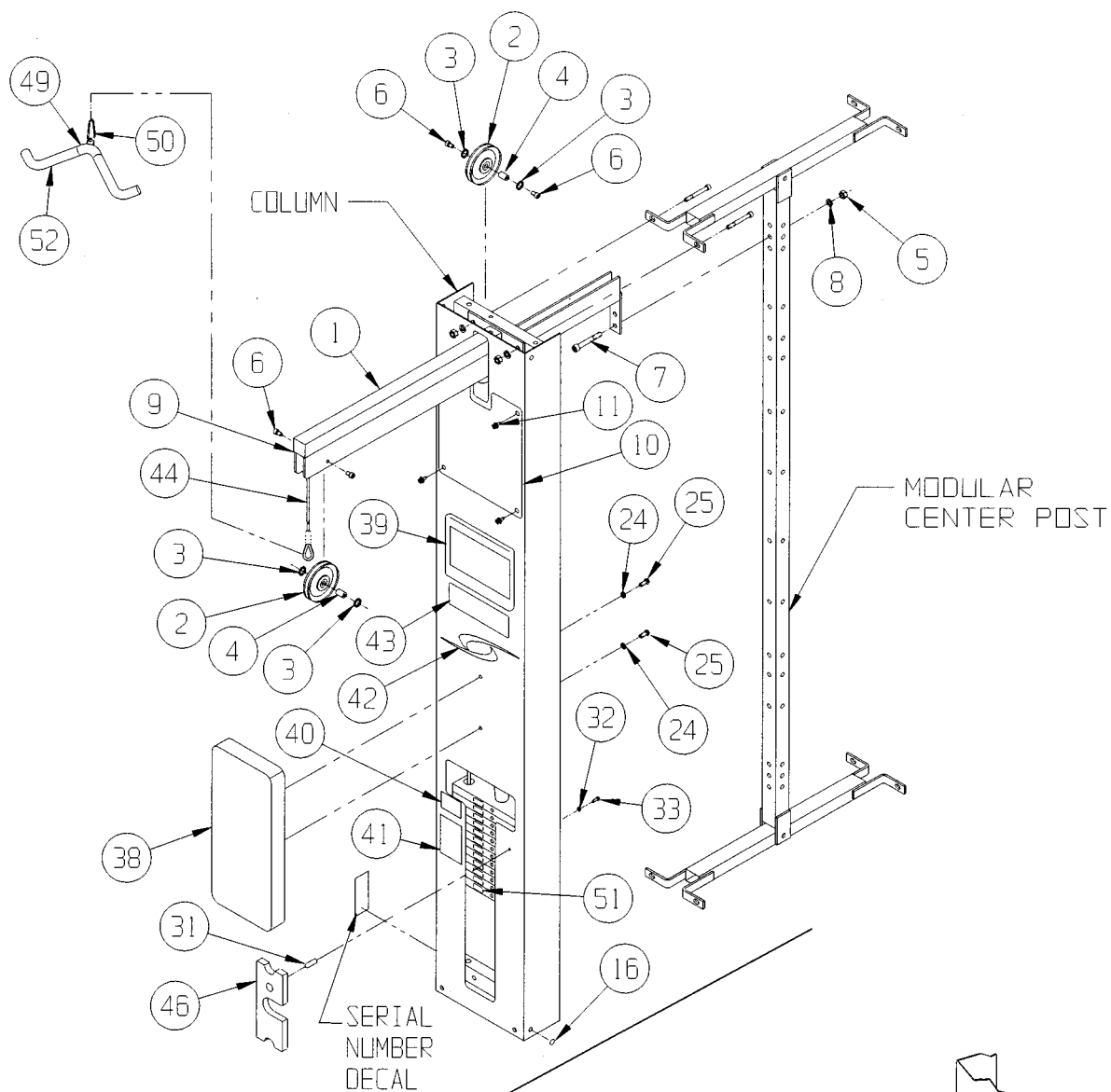
- Tricep Pressdown Assembly - 5603-98
- Tricep Pressdown Package - 5603-50
- Tricep Pressdown Cushion Box Assembly - 5603-00
- Top Weight Package - 4700-016 (black)
- Weight Pack 1 - 4700S110 (black)

NOTE: x denotes specific color

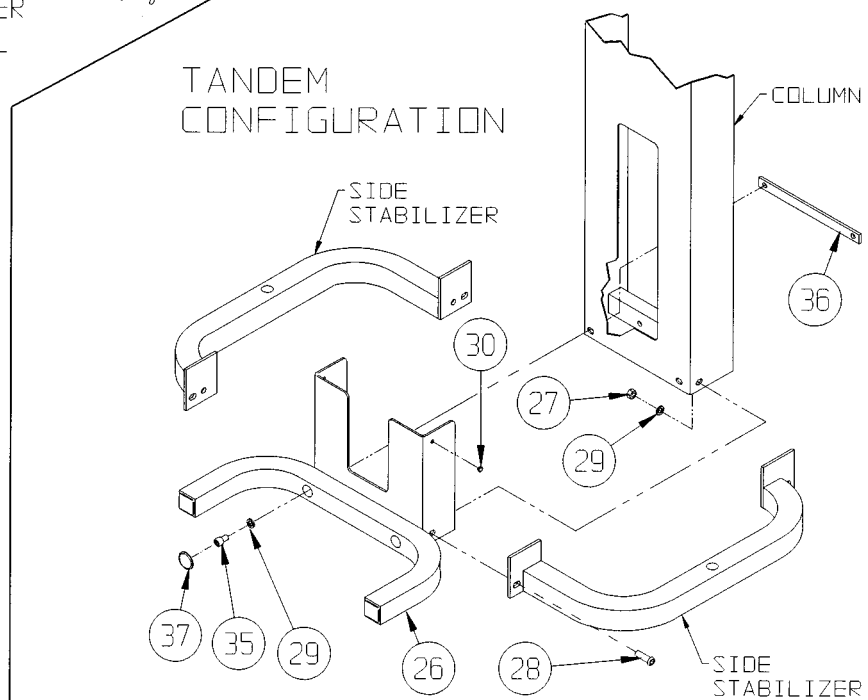
2. Follow the assembly guidelines listed on either the 5600 Modular Center Post Assembly & Parts instruction sheet or the 5629 Tandem Center Post Assembly & Parts instruction sheet.

3. Items 26 - 30 are required when using the Tricep Pressdown station in a tandem configuration. Follow assembly guidelines listed on the 5629 Tandem Center Post Assembly & Parts instruction sheet.

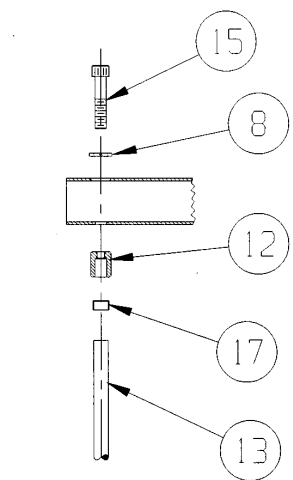
NOTE: This machine shipped with an Owner's Manual. Additional copies can be obtained by contacting your dealer or a Cybex Representative at 1-888-462-9239.



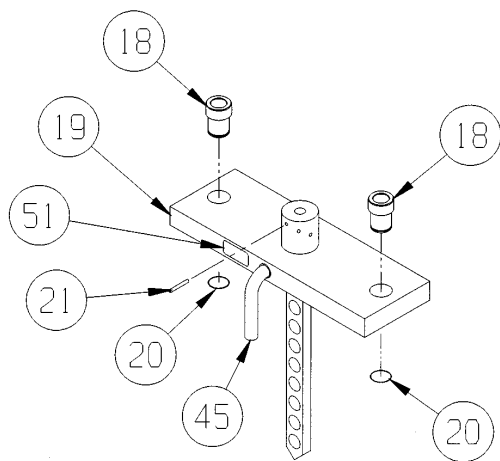
MODULAR CONFIGURATION



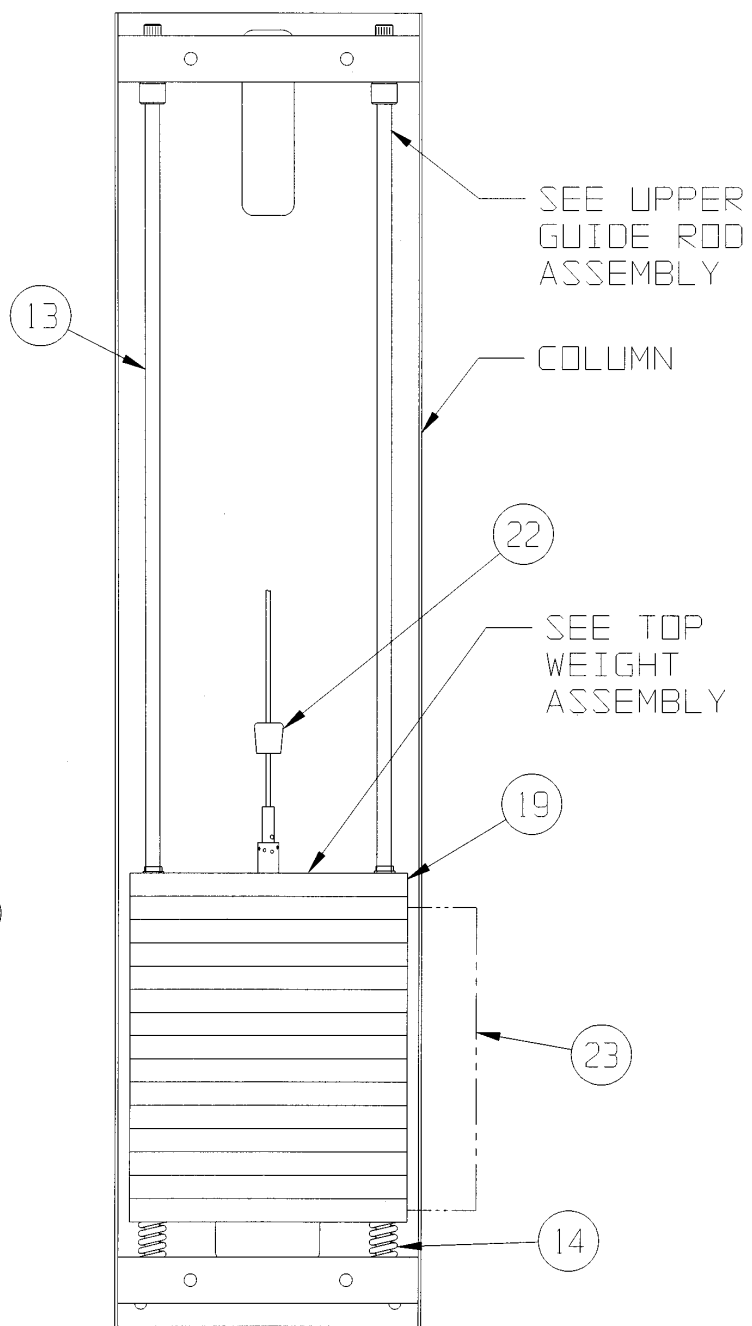
TANDEM CONFIGURATION



UPPER GUIDE
ROD ASSEMBLY



TOP WEIGHT
ASSEMBLY



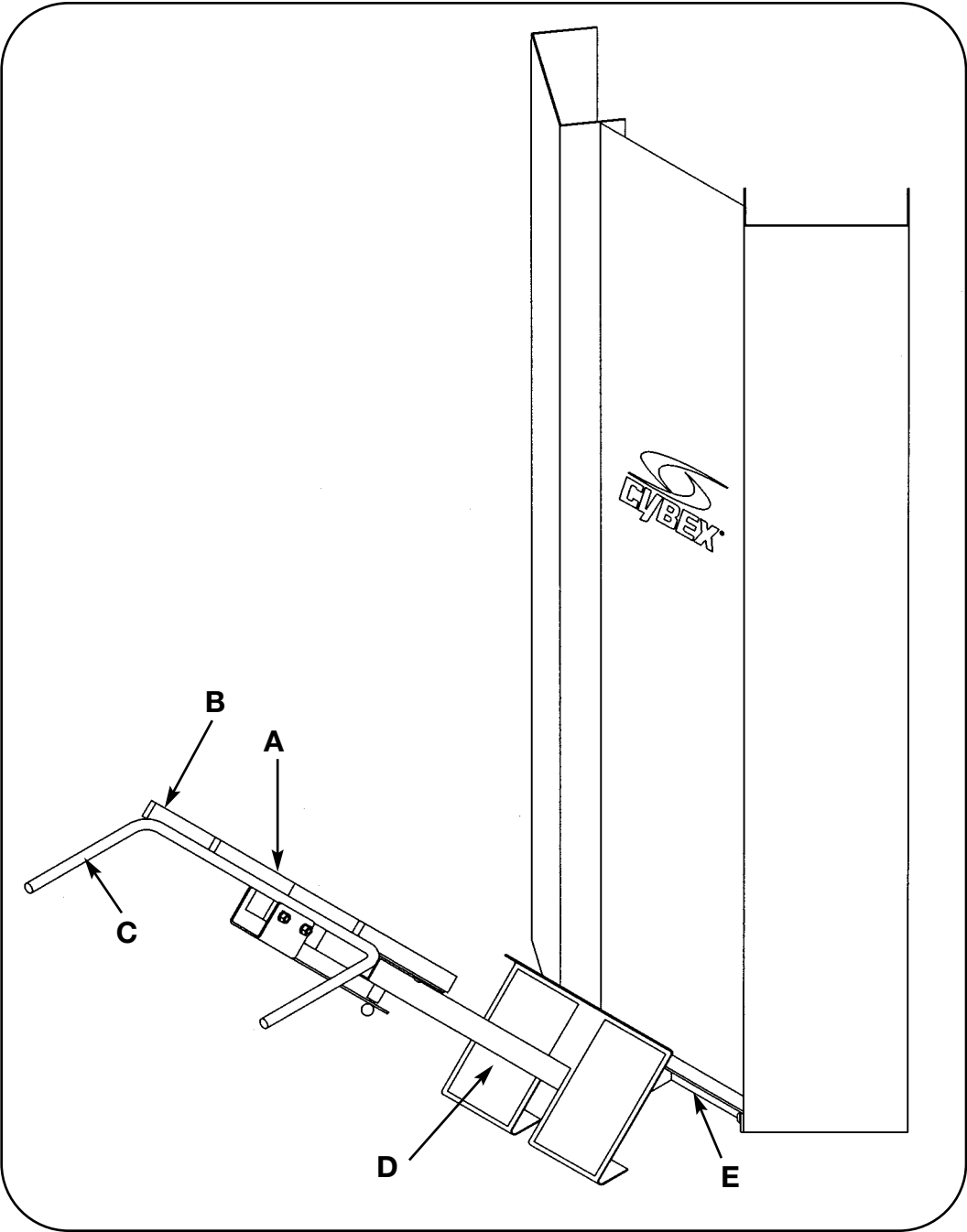
REAR VIEW



MODULAR 45° BACK EXTENSION

5608

ASSEMBLY & PARTS



DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Wear Cover.....	5410S024-0	C. Foam Grip.....	4045M079
B. Cushion With Wear Cover (Item A).....	01214	D. Non-Slip Fabric.....	02185
		E. Serial Number Decal	

Upholstery Hardware Pack..... 5410S025

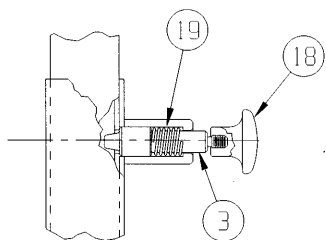
5608 - 45⁰ Back Extension

ITEM	QTY	PART NO.	DESCRIPTION
1	1	01206	Frame
2	1	01209	Pad Plate
3	1	4000M218	Detent Pin
4	1	5410P007	Adjusting Tube
5	2	JC702832	SHCS .375-16 x 2.75
6	2	HN704000	Hex Nut .375-16
7	2	HN784000	Hex Nut .50-13
8	2	HS348300	Split Lockwasher .375
9	2	JC780417	BHSCS .50-13 x 1.00
10	2	JS388300	Split Lockwasher .50
11	1	PP090210	Plastic Insert 2.00 Sq
12	2	HS347600	Washer .375
13	2	JC700422	BHSCS .375-16 x 1.50
14	2	01214	Cushion
15	2	02185	Non-slip Fabric
16	2	4045M079	Foam Grip
17	1	5410-302	Stop Bracket
18	1	PP460200	Plastic Knob
19	1	BS070201	Com Spring .56 x .66 1.50 L
20	2	5410S024-0	Wear Cover

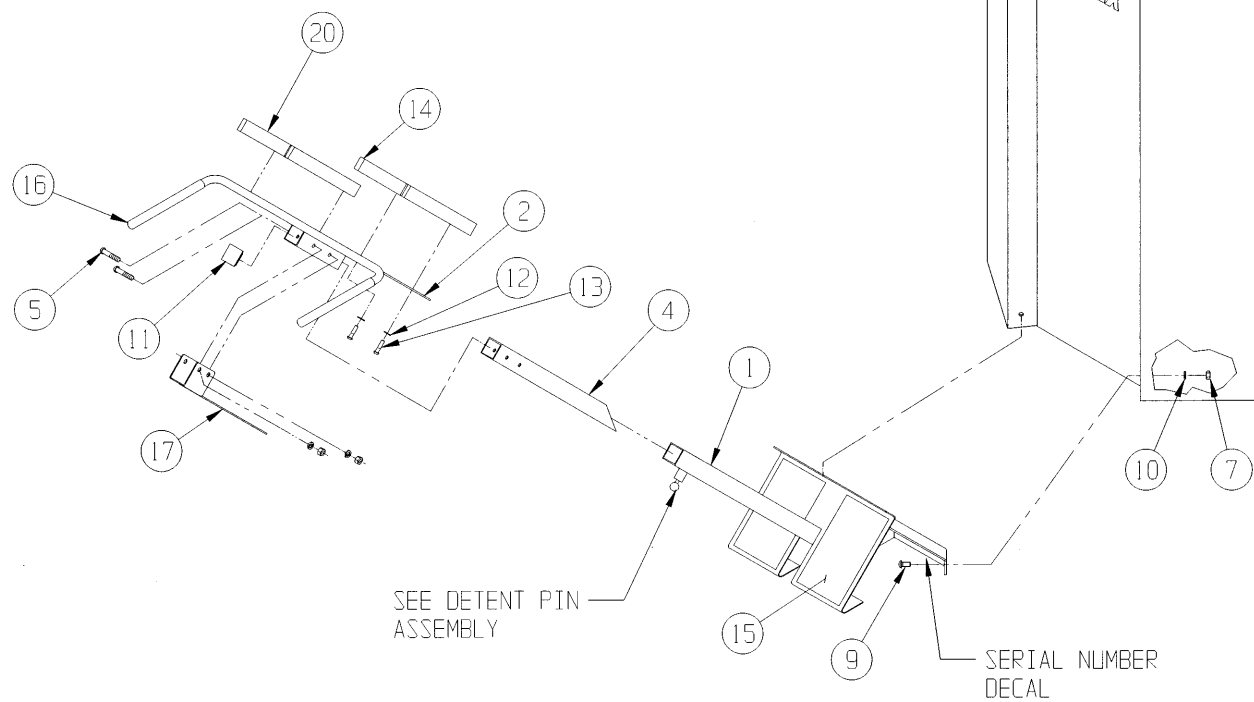
Assembly Notes

1. Keep all shipping packages near area of installation.
Standard items include:
 - 45⁰ Back Extension Package - 5608-50
 - Cushion Box Assembly - 5410A020-0
2. Follow assembly guidelines listed on the 5600 Modular Center Post Assembly & Parts instruction sheet, part number 55600.

NOTE: This machine shipped with an Owner's Manual. Additional copies can be obtained by contacting your dealer or a Cybex Representative at 1-888-462-9239.



DETENT PIN ASSEMBLY

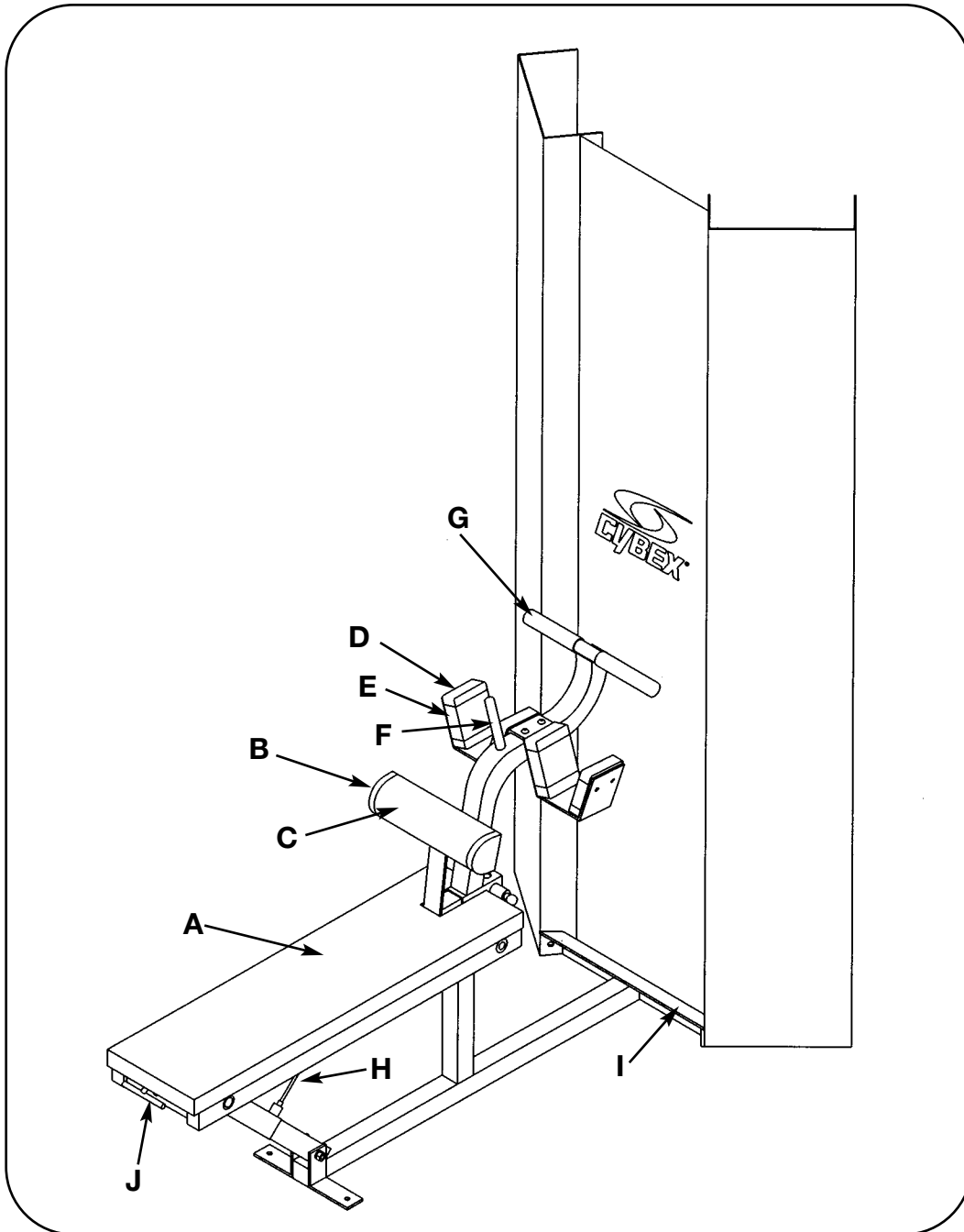




MODULAR BENT LEG ABDOMINAL BOARD

5610

ASSEMBLY & PARTS



DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Back Cushion.....	01286	E. Wear Cover	4000S115-0
B. Contour Cushion With Wear Cover (Item C).....	4800-014	F. Foam Grip.....	4005M100
C. Wear Cover.....	4800-094	G. Rubber Grip	02023
D. Sling Cushion With Wear Cover (Item E).....	4000S114-0	H. Cable Subassembly.....	01284
		I. Serial Number Decal	
		J. T-Handle	01259

Upholstery Hardware Pack For Item A....5450S040

Upholstery Hardware Pack For Item B....5500S026

Upholstery Hardware Pack For Item D....01285

5610 - Bent Leg Abdominal Board

ITEM	QTY	PART NO.	DESCRIPTION
1	1	01256	Bench
2	1	01257	Base
3	1	01258	Adjusting Tube
4	1	01260	Adjusting Tube
5	1	01261	Adjusting Tube
6	1	01282	Ankle Pad Plate
7	1	01283	Bronze Bearing
8	1	4000M218	Detent Pin
9	2	5208M041	Upper Pivot Shaft
10	4	FB050209	Flange Bearing 1.00 ID x 1.25 OD x .75 L
11	2	FB050219	Flange Bearing .62 ID x .75 OD x .50 L
12	2	GP000004	Pulley Spacer
13	1	GP000203	Pulley Center
14	1	GP000204	Pulley Assembly 3.00
15	2	HC700414	BHSCS .375-16 x .625
16	2	HC700432	BHSCS .375-16 x 2.75
17	1	HD403330	Shoulder Bolt .625 x 2.50 .50-13
18	1	HF309001	Terminal Fastener
19	3	HN704000	Hex Nut .375-16
20	3	HN784000	Hex Nut .50-13
21	3	HS348300	Split Lockwasher .375
22	4	HY662912	Set Screw .312-18 x .50 Cup Point
23	1	JC702814	SHCS .375-16 x .625
24	2	JC780417	BHSCS .50-13 x 1.00
25	3	JS388300	Split Lockwasher .500
26	4	PP080202	Plastic Insert 1.19 x 11 G
27	4	PP090001	Plastic Insert 1.50 x 2.50 x 11 G
28	1	PP090200	Plastic Insert 1.75 Sq x 11 G
29	1	PP090201	Plastic Insert 2.00 Sq x 11 G
30	1	5320P040	Detent Pin
31	4	JC700436	BHSCS .375-16 x 3.25
32			Removed
33	10	JC700420	BHSCS .375-16 x 1.25
34	2	BS070201	Compression Spring
35	2	HY582910	Set Screw #10-32 x .19 Cup Point
36			Removed
37	4	4000S114-0	Sling Cushion
38	1	4800-014	Contour Cushion
39	1	01286	Back Cushion
40	1	4005M100	Foam Grip
41	2	02023	Rubber Grip
42	1	01284	Cable Subassembly
43	1	01259	T-Handle
44	1	PP460200	Plastic Knob
45	1	4800-094	Wear Cover
46	1	4000S115-0	Wear Cover

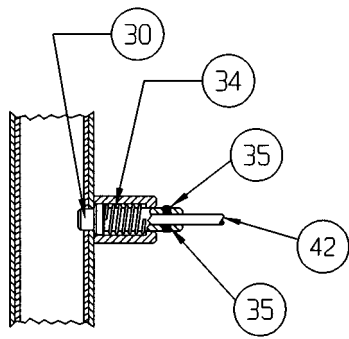
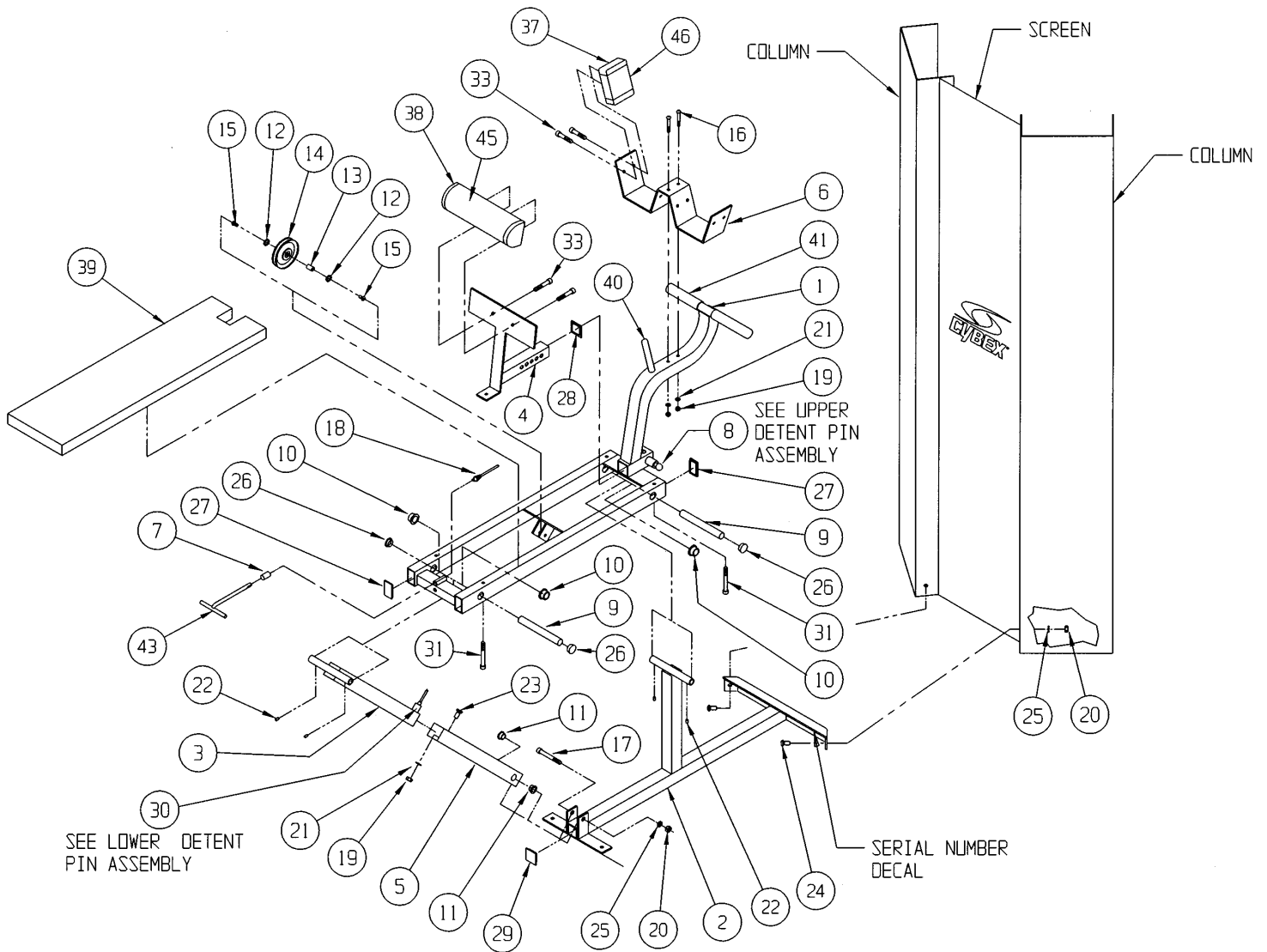
Assembly Notes

- Keep all shipping packages near area of installation. Standard items include:
 - Bent Leg Abdominal Board Package - 5610-50
 - Cushion Box Assembly - 5610-0
- Follow assembly guidelines listed on the 5600 Modular Center Post Assembly & Parts instruction sheet, part number 55600.

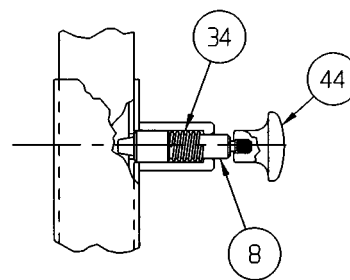
NOTE: The following steps are required when installing cushions on ankle plate (item #6):

- Remove ankle plate from frame
- Install cushions on ankle plate
- While keeping ankle plate straight, secure ankle plate to frame

NOTE: This machine shipped with an Owner's Manual. Additional copies can be obtained by contacting your dealer or a Cybex Representative at 1-888-462-9239.



LOWER DETENT PIN ASSEMBLY



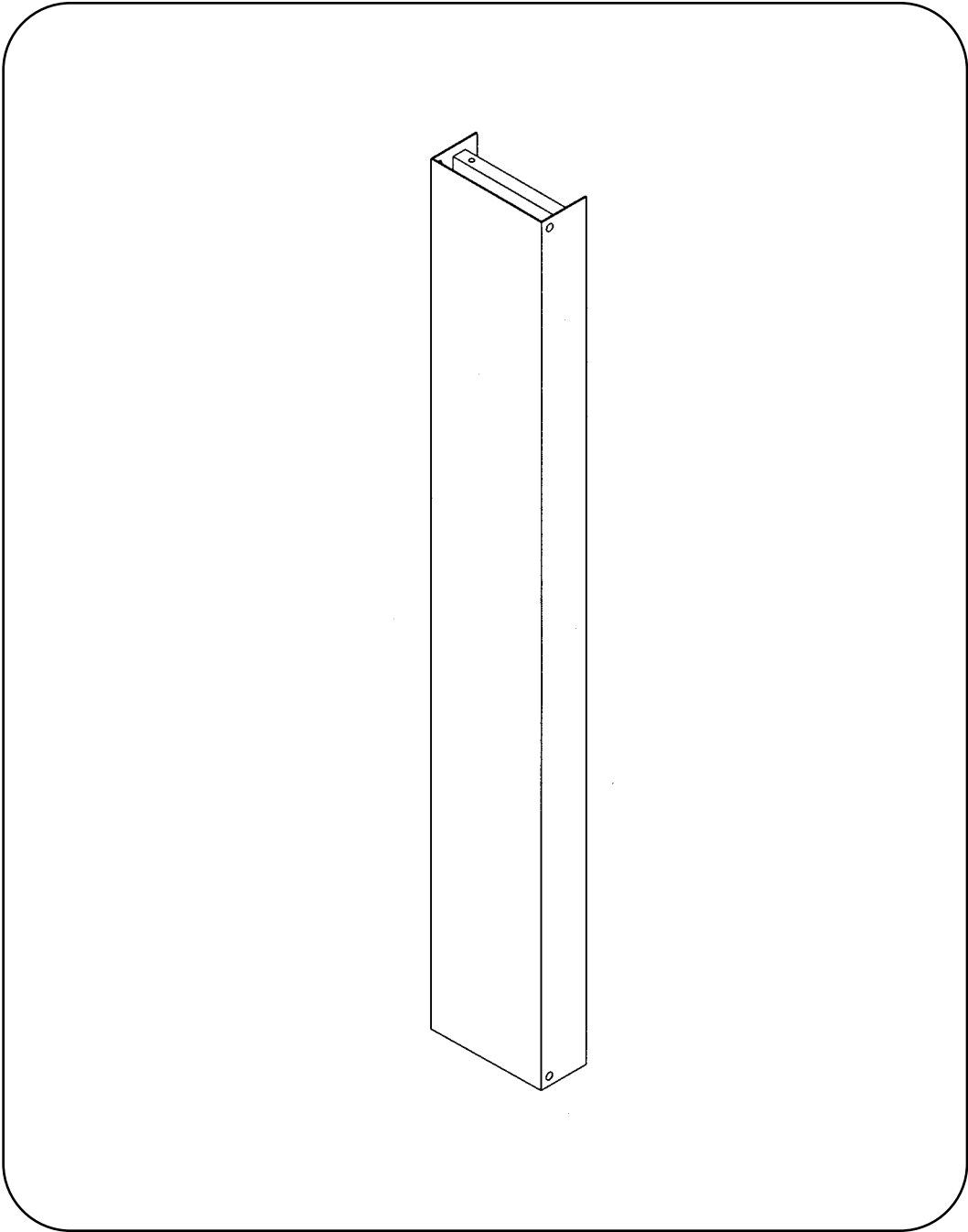
UPPER DETENT PIN ASSEMBLY



MODULAR BLANK

5624

ASSEMBLY & PARTS



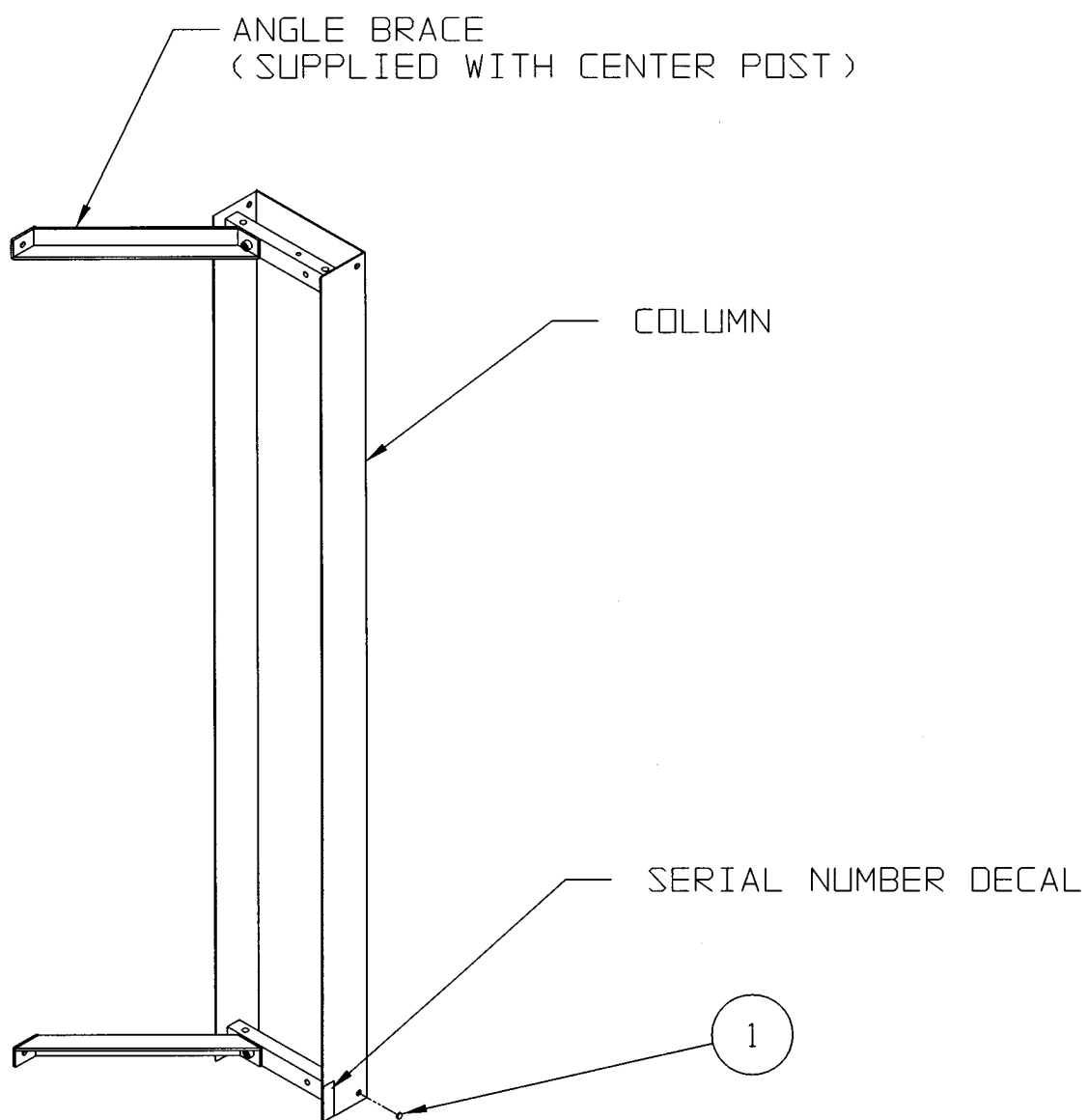
5624 - Blank

ITEM	QTY	PART NO.	DESCRIPTION
1	1	PN660201	Hole Plug

Assembly Notes

1. Keep all shipping packages near area of installation.
Standard items include:
 - Blank Column Assembly - 5624-9x
2. Follow assembly guidelines listed on the 5600 Modular Center Post Assembly & Parts instruction sheet, part number 55600.

NOTE: *This machine shipped with an Owner's Manual. Additional copies can be obtained by contacting your dealer or a Cybex Representative at 1-888-462-9239.*

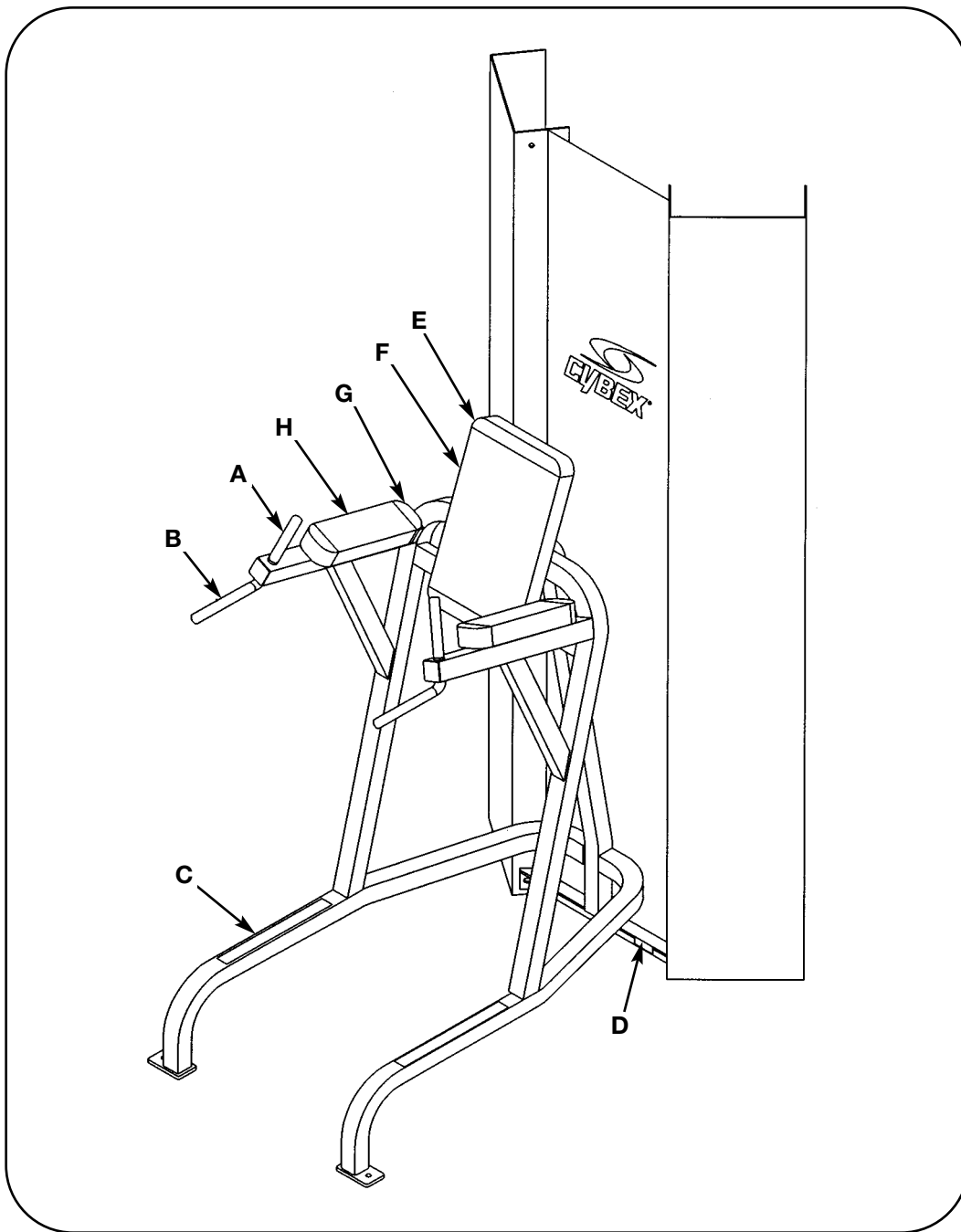




MODULAR LEG RAISE CHAIR

5645

ASSEMBLY & PARTS



DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Foam Grip.....	4050M025	F. Wear Cover	4111S060-0
B. Foam Grip.....	4055M028	G. Arm Cushion With	
C. Non-Slip Fabric.....	4000M197	Wear Cover (Item H)	5530-003-0
D. Serial Number Decal		H. Wear Cover	5530-311-0
E. Back Cushion With			
Wear Cover (Item F).....	4800-011		
Upholstery Hardware Pack	5525-003		

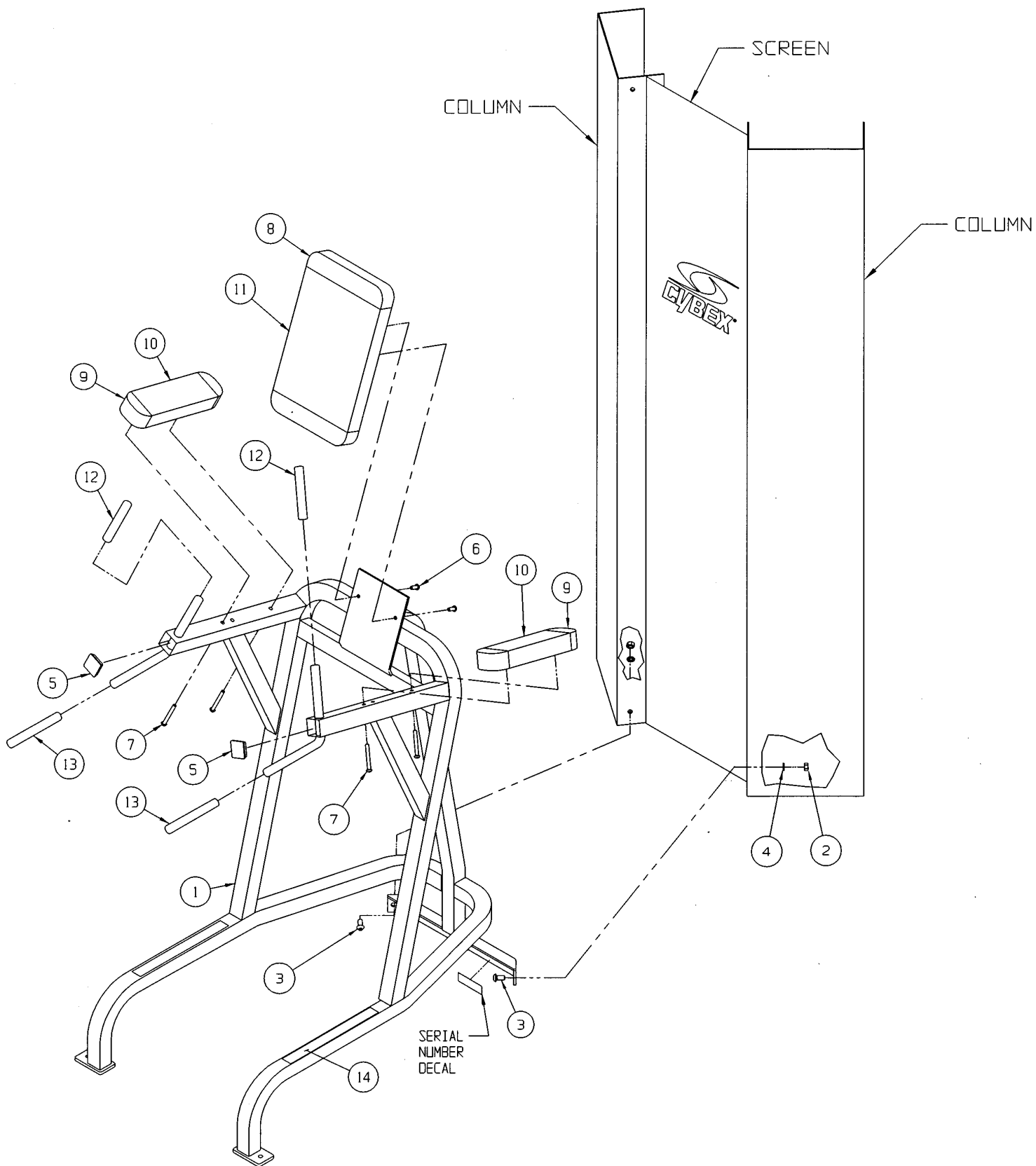
5645 - Leg Raise Chair

ITEM	QTY	PART NO.	DESCRIPTION
1	1	02482	Leg Raise Chair Frame
2	2	HN784000	Hex Nut .50-13
3	2	JC780417	BHSCS .50-13 x 1.00
4	2	JS388300	Lockwasher .50
5	2	PP090210	Plastic Insert 2.00 Sq X 10-14G
6	2	HC700417	BHSCS .375-16 x 1.00
7	4	JC700434	BHSCS .375-16 x 3.00
8	1	4800-011	Back Cushion
9	2	5530-003-0	Arm Cushion
10	2	5530-311-0	Wear Cover
11	1	4111S060-0	Wear Cover
12	2	4050M025	Foam Grip 6.00
13	2	4055M028	Foam Grip 8.00
14	2	4000M197	Non-Slip Fabric

Assembly Notes

1. Keep all shipping packages near area of installation.
Standard shipping items include:
 - Leg Raise Chair Package - 5645-50
 - Cushion Box Assembly - 5530-004-0
2. Follow assembly guidelines listed on the 5600 Modular Center Post Assembly & Parts instruction sheet, part number 55600.

NOTE: This machine shipped with an Owner's Manual. Additional copies can be obtained by contacting your dealer or a Cybex Representative at 1-888-462-9239.





CABLE COLUMN

5605

ASSEMBLY & PARTS

See reverse side for bill of materials.

5605 - Cable Column

ITEM	QTY	PART NO.	DESCRIPTION
1	1	01667	Hand Rail
2	1	5315-201	Cross Tube
3	4	JC780417	BHSCS .50-13 x 1.00
4	11	JS388300	Split Lockwasher .50
5	2	PP090210	Plastic Insert 2.00 Sq x 10-14G
6	2	PP090205	Plastic Insert 1.00 x 2.00 x 11 G
7	14	4700C089	Stack Weight 3 x 12
8	2	01141	Spacer
9	1	01142	Pulley Mount Cap
10	1	01143	Pulley Mount
11	1	01144	Upper Pulley Bracket
12	1	01455	Lower Pulley Bracket
13	1	5315-205	Short Top Tube
14	1	5315-203	Adjusting Tube
15	1	5315-202	Ballet Bar Bracket
16	1	01150	Pulley Bracket
17	1	01155	Pivot Tube
18	2	01755	Guide Rod Collet
19	2	01694	Corner Bracket
20	1	5315-307	Ballet Bar
21	2	5310M035	Weight Stack Guide Rod
22	1	5315P011	Adjusting Tube
23	2	PR060005	Weight Bumper
24	2	FB030220	Machinery Bushing
25	4	FB050219	Flange Bearing .62 ID x .75 OD x .50 L
26	2	FB050222	Flange Bearing .75 OD x .88 ID x .75 L
27	6	GP000000	Pulley Assembly 4.50
28	14	GP000004	Pulley Spacer
29	7	GP000203	Pulley Center
30	1	GP000204	Pulley Assembly 3.00
31	2	HC700417	BHSCS .375-16 x 1.00
32	2	HC782817	SHCS .50-13 x 1.00
33	2	HN704000	Hex Nut .375-16
34	2	HN705618	Eye Socket Nut
35	8	HN784000	Hex Nut .50-13
36	2	HS348300	Split Lockwasher .375
37	4	HT582210	Tap Screw #10-32 x .375
38	10	JC700914	FHSCS .375-16 x .62
39	4	HC700414	BHSCS .375-16 x .625
40	6	JC782830	SHCS .50-13 x 2.50
41	2	JC782834	SHCS .50-13 x 3.00
42	4	JS407100	Machinery Bushing .625
43	4	PN660201	Hole Plug
44	2	PP080202	Plastic Insert
45	2	PP080204	Plastic Cap .625 ID x .68 OD
46	1	PU060200	Bumper
47	2	PU060201	Bumper
48	1	01892	Bracket
49	2	HC620430	BHSCS .25-20 x 2.50
50	2	HN624100	Hex Nut .25-20
51	4	PR069400	Recess Bumper
52	1	01692	Threaded Insert
53	1	JC700422	SHCS .375-16 x 1.50
54	2	PP090210	Plastic Insert 2.00 SQ
55	2	HN784900	Nylon Locknut .500-13
56	1	01475	Top Weight Assembly
57	2	4700-019	Flange Bearing
58	2	BR030206	Retaining Ring
59	2	HP286819	Spiral Pin
60	1	02106	Half Weight Peg
61	1	JC620415	BHSCS .25-20 x .75
62	1	HS308300	Split Lockwasher .25
63	1	01702	Handle Subassembly
64	2	1670M115	Foam Grip
65	1	02224	Screen (not shown)
66	1	01159	Placard Decal
67	1	4000Y316	Caution Decal

ITEM	QTY	PART NO.	DESCRIPTION
68	1	5208M046	Foam Grip
69	1	5315S028	Cable Subassembly
70	1	4301C096	Half Weight
71	1	02521	Warning Decal
72	1	4800-381	General Warning Decal
73	1	5310P044	Weight Stack Selector Pin
74	1	4800-515	Weight Plate Decal
75	2	HS760106	Flat Washer 1.75 OD .69 .14T
76	1	GQ000206	Snap Link
77	1	5310S040	Handle (not shown)
78	1	51121	Thigh Strap (not shown)
79	1	02203	Straight Handle (not shown)
80	1	51122	Ankle Strap (not shown)
81	1	51073	Hip Harness (not shown)

Assembly Notes

- Keep all shipping packages near area of installation.
Standard items include:

- Cable Column Assembly - 5605-9x
- Handrail - 5315-50
- Top Weight Package - 01475
- Weight Pack 1 (3 x 12, black) - 4700S110

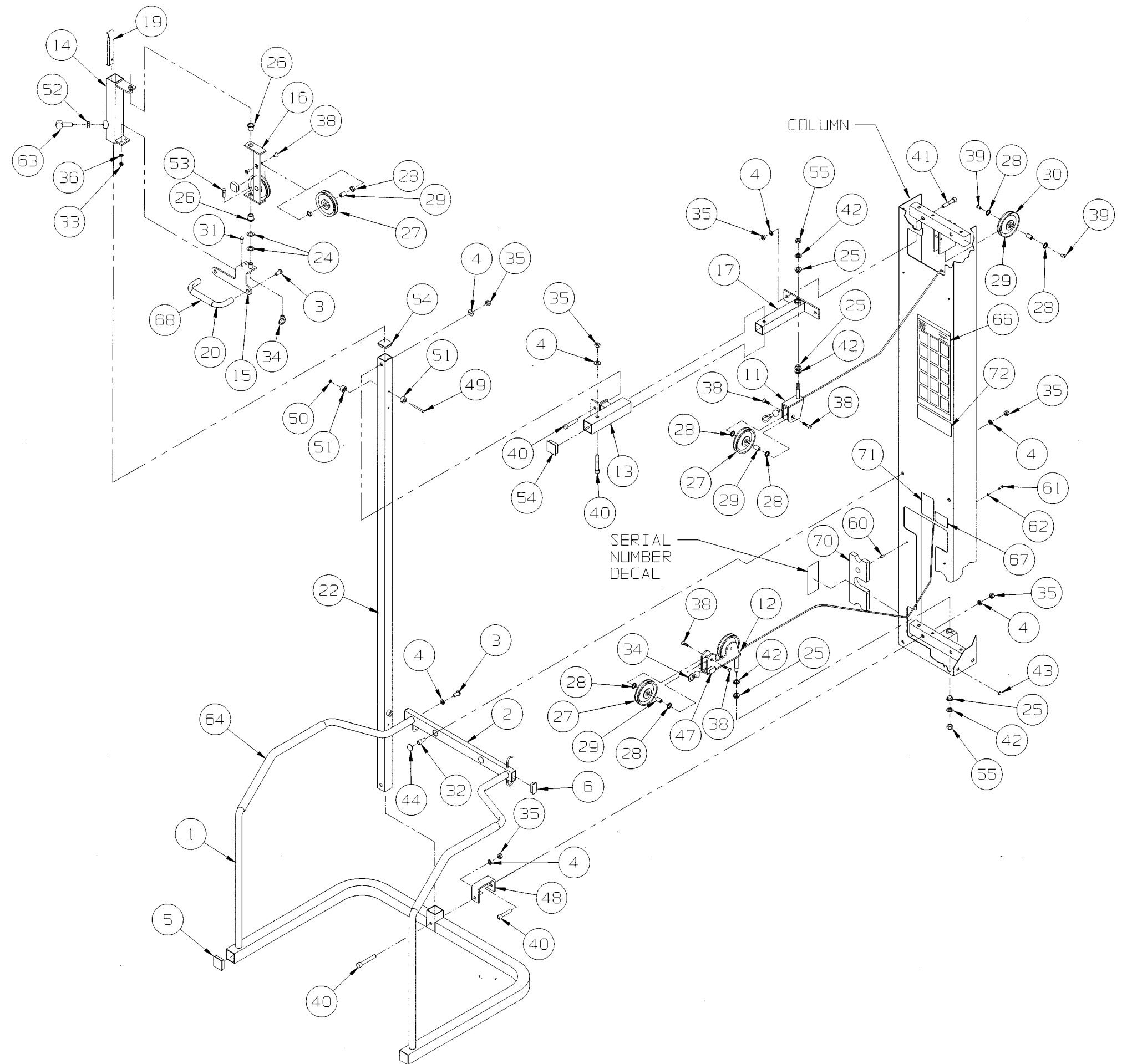
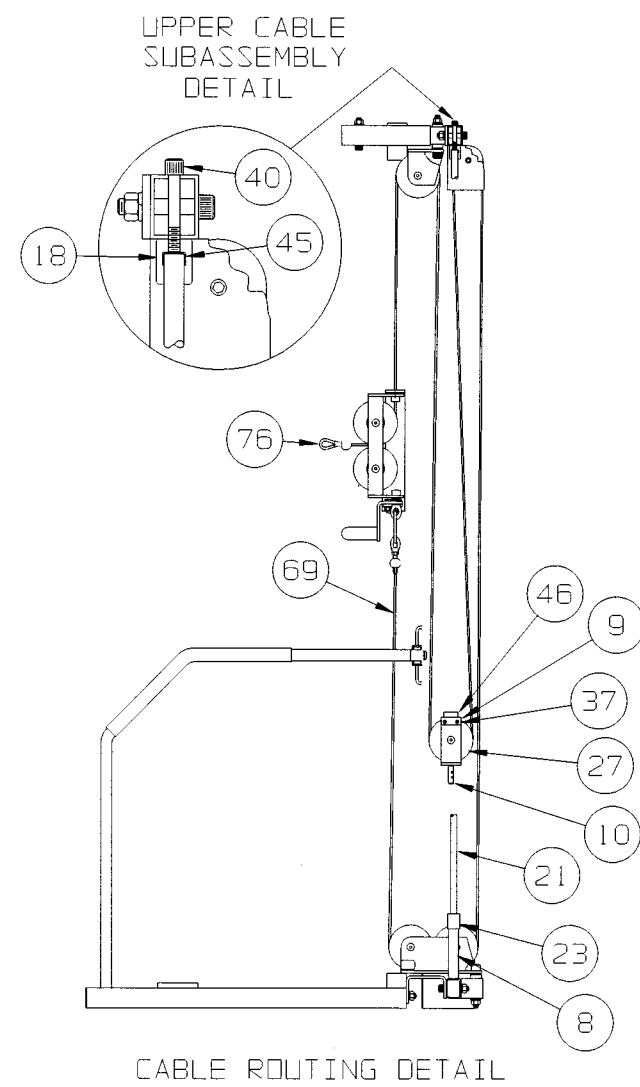
NOTE: x denotes specific color.

- Follow assembly guidelines listed on the 5600 Modular Center Post Assembly & Parts instruction sheet. Also refer to the steps listed below.

NOTE: Refer to the exploded-view assembly diagram when performing steps listed below.

- Lay column on side.
- Install lower pulley bracket (item 12). Install upper pivot tube (item 17) and upper pulley mount (item 11).
- Install short top tube (13).
- Set chrome tube into hand rail assembly. Fasten upper portion finger tight.
- Attach lower portion of hand rail to column.
- Route cable. **NOTE:** Be sure to insert cable through brass bushing. See Cable Routing Detail.
- Install weight stack.
- Mount column to Modular configuration.

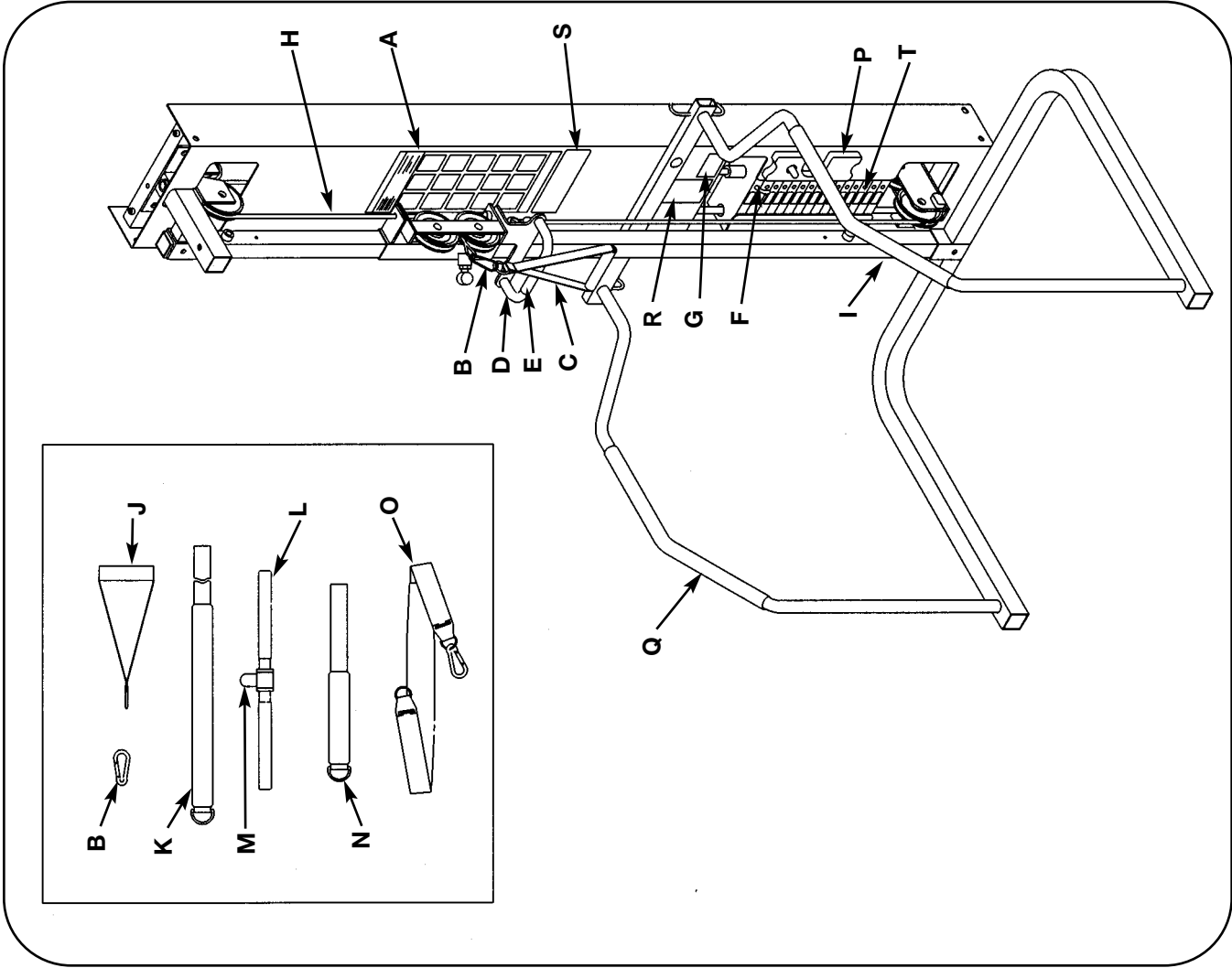
NOTE: This machine shipped with an Owner's Manual. Additional copies can be obtained by contacting your dealer or a Cybex Representative at 1-888-462-9239.



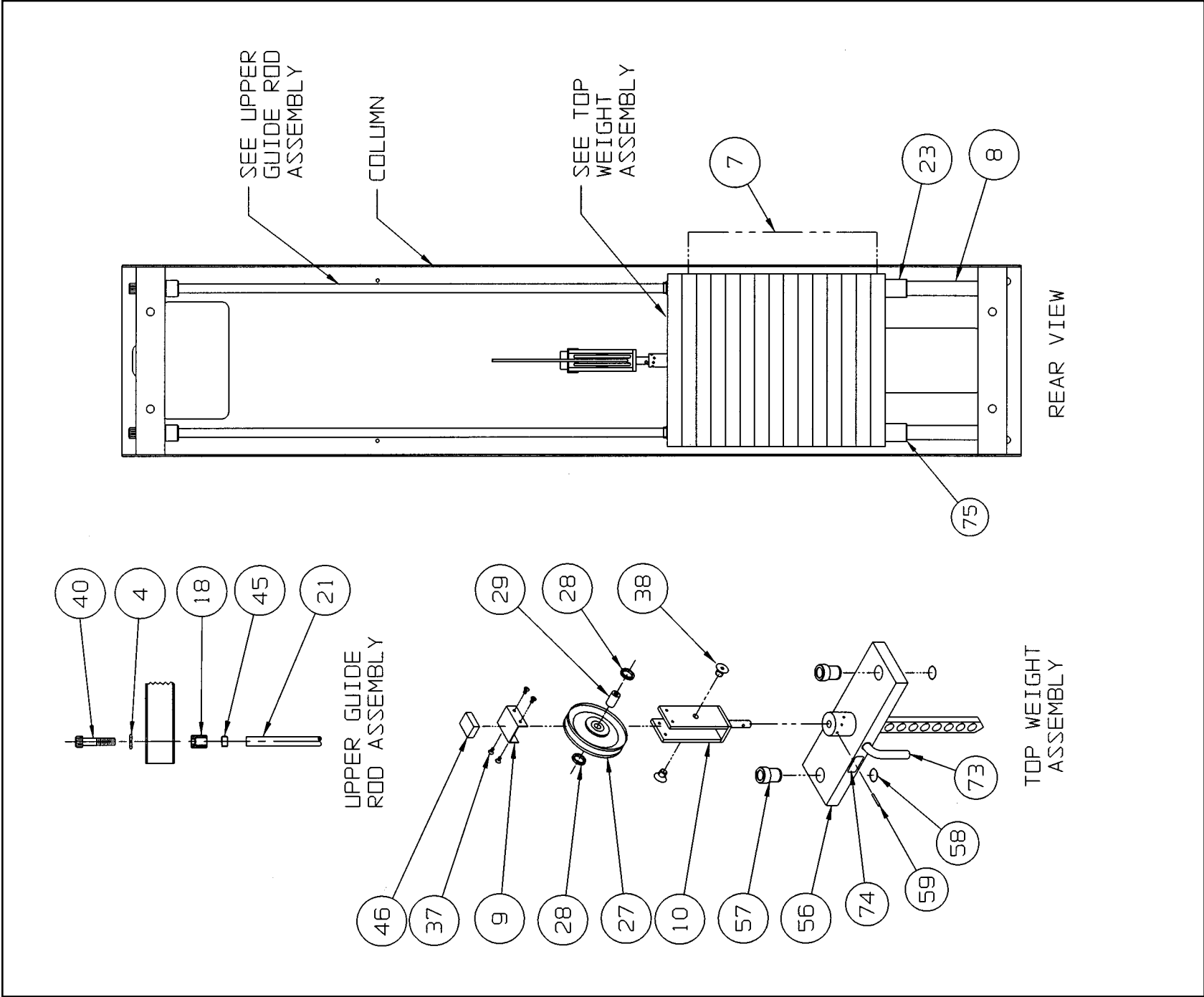
CABLE COLUMN

5605

ASSEMBLY & PARTS



DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Placard Decal	01159	K. Thigh Strap	51121
B. Snap Link.....	GQ000206	L. Foam Grip.....	4055M028
C. Handle Subassembly.....	01702	M. Straight Handle.....	02203
D. Ballet Bar	5315-307	N. Ankle Strap	51122
E. Foam Grip.....	5208M046	O. Hip Harness.....	51073
F. Weight Selector Pin	5310P044	P. Half Weight	4301C096
G. Caution Decal	4000Y316	Q. Foam Grip	1670M115
H. Cable Subassembly.....	5315S028	R. Warning Decal.....	02521
I. Serial Number Decal		S. Warning Decal	4800-381
J. Handle Subassembly.....	5310S040	T. Weight Plate Decal	4800-515



CABLE COLUMN

5633

ASSEMBLY & PARTS

Assembly Notes

1. Keep all shipping packages near area of installation. Standard items include:
 - Shipping box for Column - 5605-9x
 - Handrail - 5315-50
 - Top Weight Package - 01475
 - Weight Pack 1 (3 x 12, black) - 4700S110
 - Upper Boom - 5315K002
 - Lower Boom - 5315K003
2. Follow assembly guidelines listed on the 5600 Modular Center Post Assembly & Parts instruction sheet. Also refer to the steps listed below.

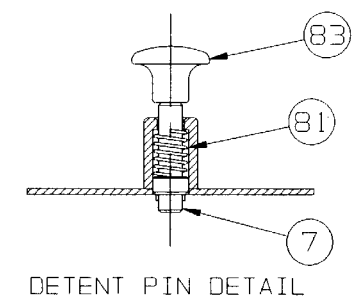
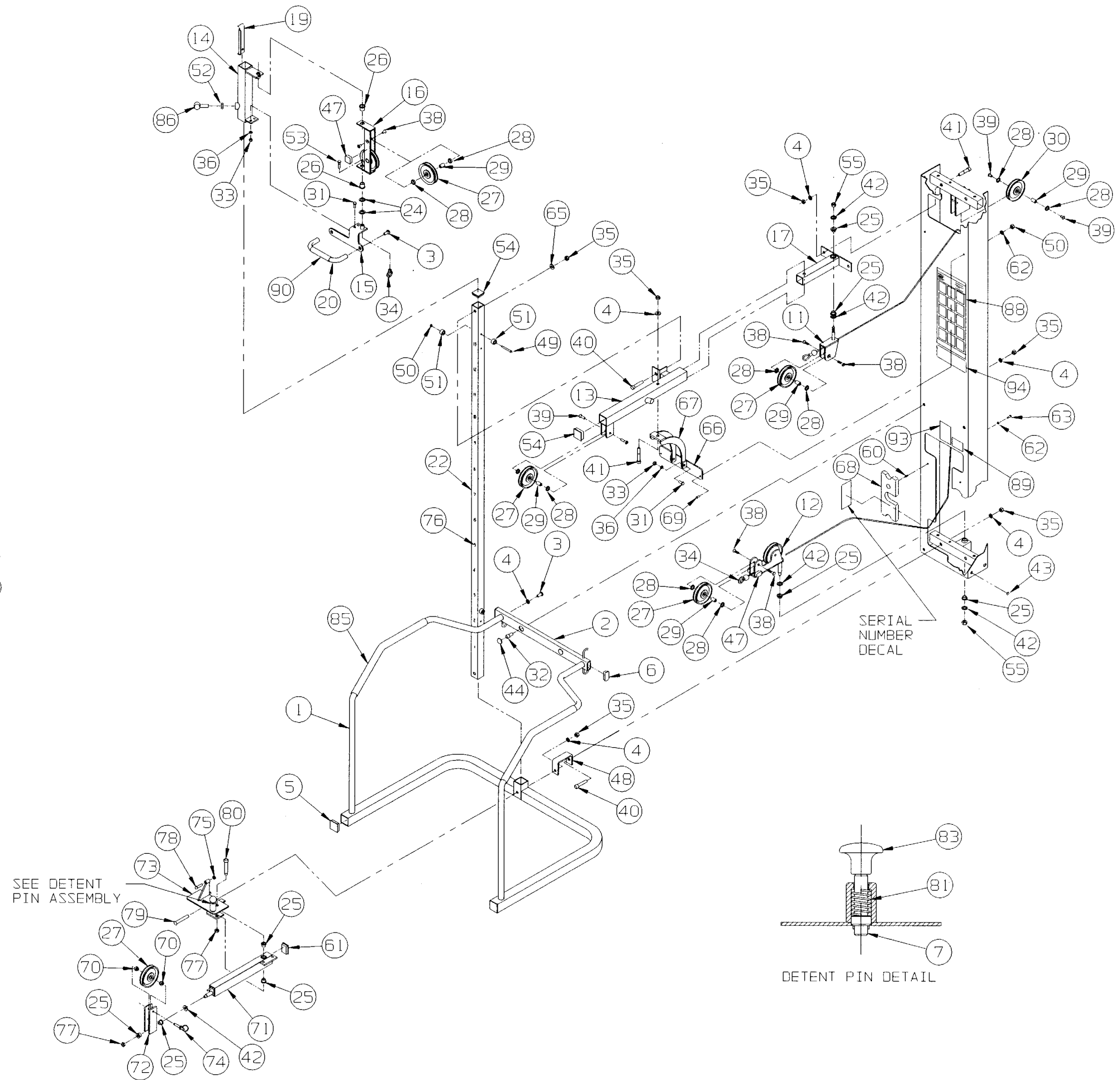
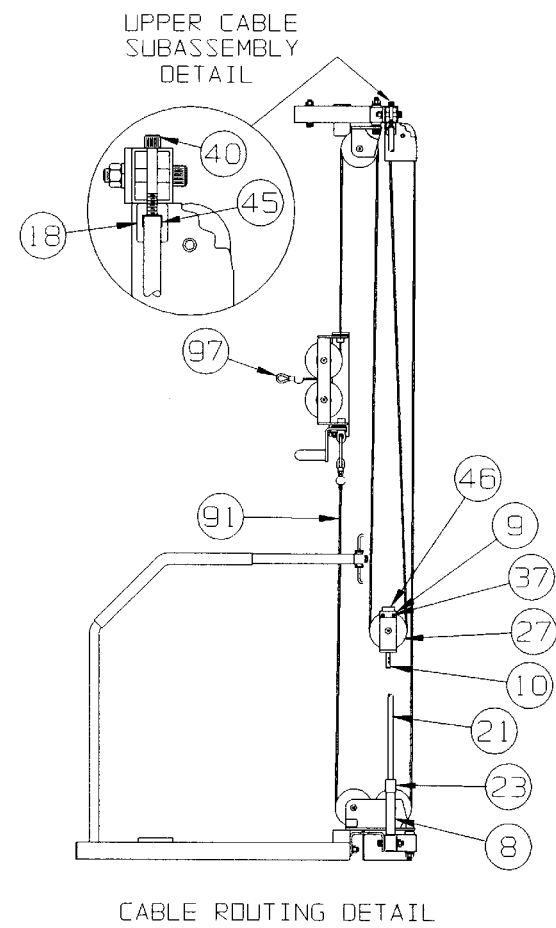
NOTE: *Refer to the exploded-view assembly diagram when performing steps listed below.*
3. Lay column on side.
4. Install lower pulley bracket (item 12). Install upper pivot tube (item 17) and upper pulley mount (item 11).
5. Lift column into upright position and secure to center post.
6. Install Upper Boom. See Upper Boom Installation Instructions supplied with the Upper Boom kit.
7. Set chrome tube into hand rail assembly. Fasten upper portion finger tight
8. Install Lower Boom if applicable. See Lower Boom instructions supplied with Lower Boom kit.
9. Attach lower portion of hand rail to column.
10. Route cable. **NOTE:** *Be sure to insert cable through brass bushing. See Cable Routing Detail.*
11. Install weight stack.
12. Mount column to Modular configuration.

5633 - Cable Column

ITEM	QTY	PART NO.	DESCRIPTION
1	1	01667	Hand Rail
2	1	5315-201	Cross Tube
3	4	JC780417	BHSCS .50-13 x 1.00
4	11	JS388300	Split Lockwasher .50
5	2	PP090210	Plastic Insert 2.00 SqX
6	2	PP090205	Plastic Insert 1.00 x 2.00
7	1	4113M041	Detent Pin
8	2	01141	Spacer
9	1	01142	Pulley Mount Cap
10	1	01143	Pulley Mount
11	1	01144	Upper Pulley Bracket
12	1	01455	Lower Pulley Bracket
13	1	5315-204	Top Tube
14	1	5315-203	Adjusting Tube
15	1	5315-202	Ballet Bar Bracket
16	1	01150	Pulley Bracket
17	1	01155	Pivot Tube
18	2	01755	Guide Rod Collet
19	2	01694	Corner Bracket
20	1	5315-307	Ballet Bar
21	2	5310M035	Weight Stack Guide Rod
22	1	5315P011	Adjusting Tube
23	2	PR060005	Weight Bumper
24	2	FB030220	Machinery Bushing
25	8	FB050219	Flange Bearing .62 ID x .75 OD x .50 L
26	2	FB050222	Flange Bearing .75 OD X .88 ID x .75 L
27	8	GP000000	Pulley Assembly 4.50
28	16	GP000004	Pulley Spacer
29	8	GP000203	Pulley Center
30	1	GP000204	Pulley Assembly 3.00
31	4	HC700417	BHSCS .375-16 x 1.00
32	2	HC782817	SHCS .50-13 x 1.00
33	4	HN704000	Hex Nut .375-16
34	5	HN705618	Eye Socket Nut
35	8	HN784000	Hex Nut .50-13
36	2	HS348300	Split Lockwasher .375
37	4	HT582210	Tap Screw #10-32 x .375
38	12	JC700914	FHSCS .375-16 x .62
39	4	HC700414	BHSCS .375-16 x .625
40	4	JC782830	SHCS .50-13 x 2.50
41	3	JC782834	SHCS .50-13 x 3.00
42	5	JS407100	Machinery Bushing .625
43	4	PN660201	Hole Plug
44	2	PP080202	Plastic Insert
45	2	PP080204	Plastic Cap .625 ID x .68 OD
46	1	PU060200	Bumper
47	2	PU060201	Bumper
48	1	01892	Bracket
49	2	HC620430	BHSCS .25-20 x 2.50
50	4	HN624100	Hex Nut .25-20
51	4	PR069400	Recess Bumper
52	1	01692	Threaded Insert
53	1	JC700422	SHCS .375-16 x 1.50
54	2	PP090210	Plastic Insert 2.00 Sq
55	2	HN784900	Nylon Locknut .50-13
56	1	01475	Top Weight Assembly
57	2	4700-019	Flange Bearing
58	2	BR030206	Retaining Ring
59	1	HP286819	Spiral Pin
60	1	02106	Half Weight Peg
61	1	PP090000	Plastic Insert
62	3	HS308300	Split Lockwasher .25
63	1	JC620415	BHSCS .25-20 x .75
64	14	4700C089	Stack Weight 3 x 12
65	1	HS387500	Washer .50
66	1	5315-206	Mounting Bracket

ITEM	QTY	PART NO.	DESCRIPTION
67	1	5315-210	Gusset Bracket
68	1	4301C096	Half Weight
69	2	JC620415	BHSCS .25-20 x .75
70	2	01053	Pulley Clevis Adapter
71	1	5315-207	Lower Arm
72	1	5315-208	Pulley Tab
73	1	5315-209	Mounting Bracket
74	1	BH030205	Quick Release Pin
75	1	HN704400	Jam Nut .375-16
76	1	4108Y057	Black RLD Number Decal
77	2	HN784900	Nylon Locknut .50-13
78	1	JC700422	BHSCS .375-16 x 1.50
79	1	JC780938	FHSCS .50-13 x 3.50
80	1	JD403332	Shoulder Bolt
81	1	BS070201	Compression Spring
82			Removed
83	1	PP460200	Plastic Knob
84			Removed
85	2	1670M115	Foam Grip
86	1	01702	Handle Subassembly
87	1	02224	Screen (not shown)
88	1	01159	Placard Decal
89	1	4000Y316	Caution Decal
90	1	5208M046	Foam Grip
91	1	5315S028	Cable Subassembly
92			Removed
93	1	02521	Warning Decal
94	1	4800-381	Warning Decal
95	1	5315-211	Cable Subassembly
96	1	4800-515	Weight Plate Decal
97	1	GQ000206	Snap Link
98	2	HS760106	Flat Washer 1.75 OD .69 .14 T
99	1	5310P044	Weight Selector Pin
100	1	5310S040	Handle Assembly (not shown)
101	1	02203	Straight Handle (not shown)
102	1	51122	Ankle Strap (not shown)
103	1	51073	Hip Harness (not shown)
104	1	5315-003	Pulldown Bar (not shown)
105	1	01255	Handle Assembly (not shown)
106	1	51121	Thigh Strap (not shown)

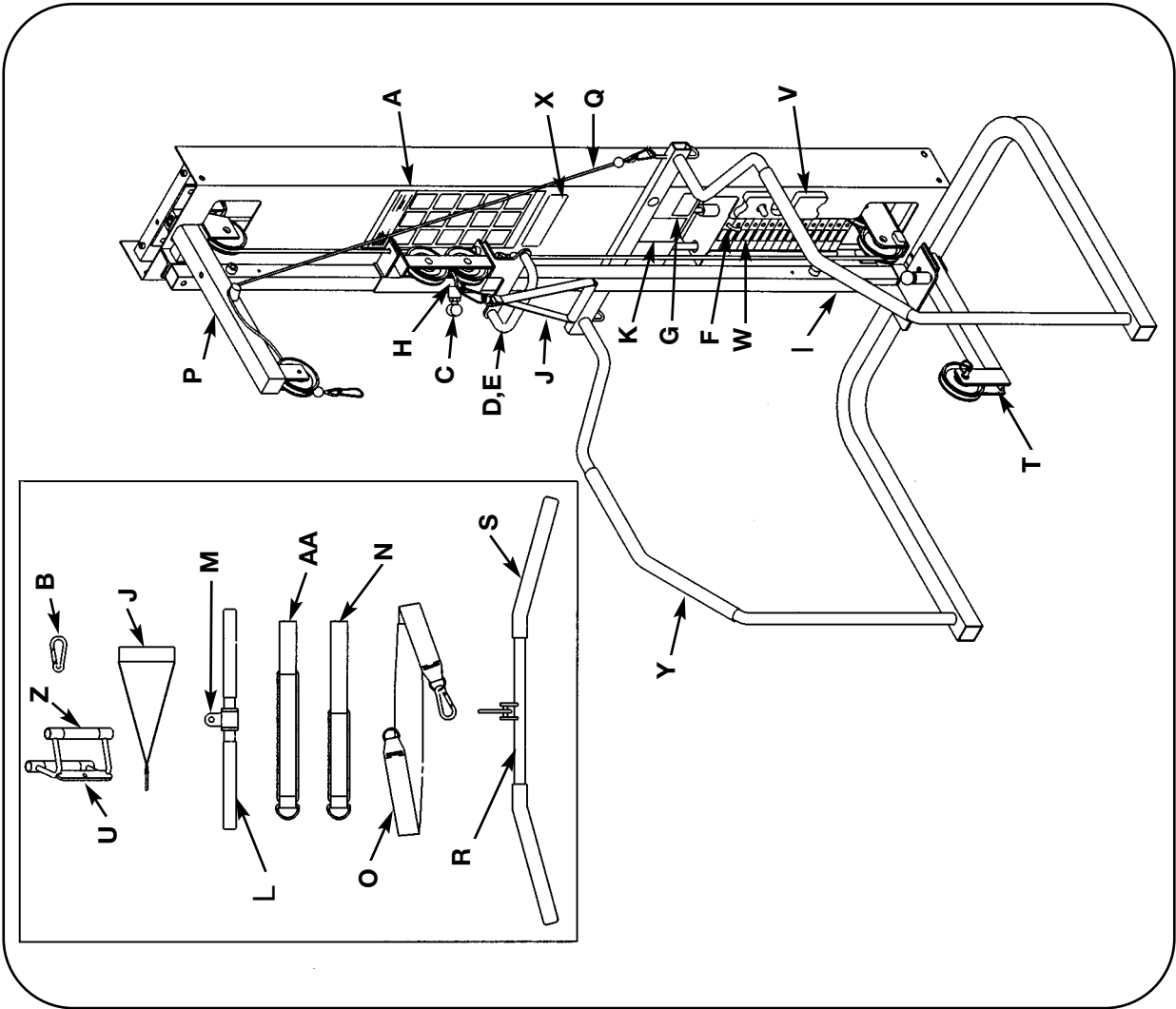
NOTE: This machine shipped with an Owner's Manual.
Additional copies can be obtained by contacting your dealer
or a Cybex Representative at 1-888-462-9239.



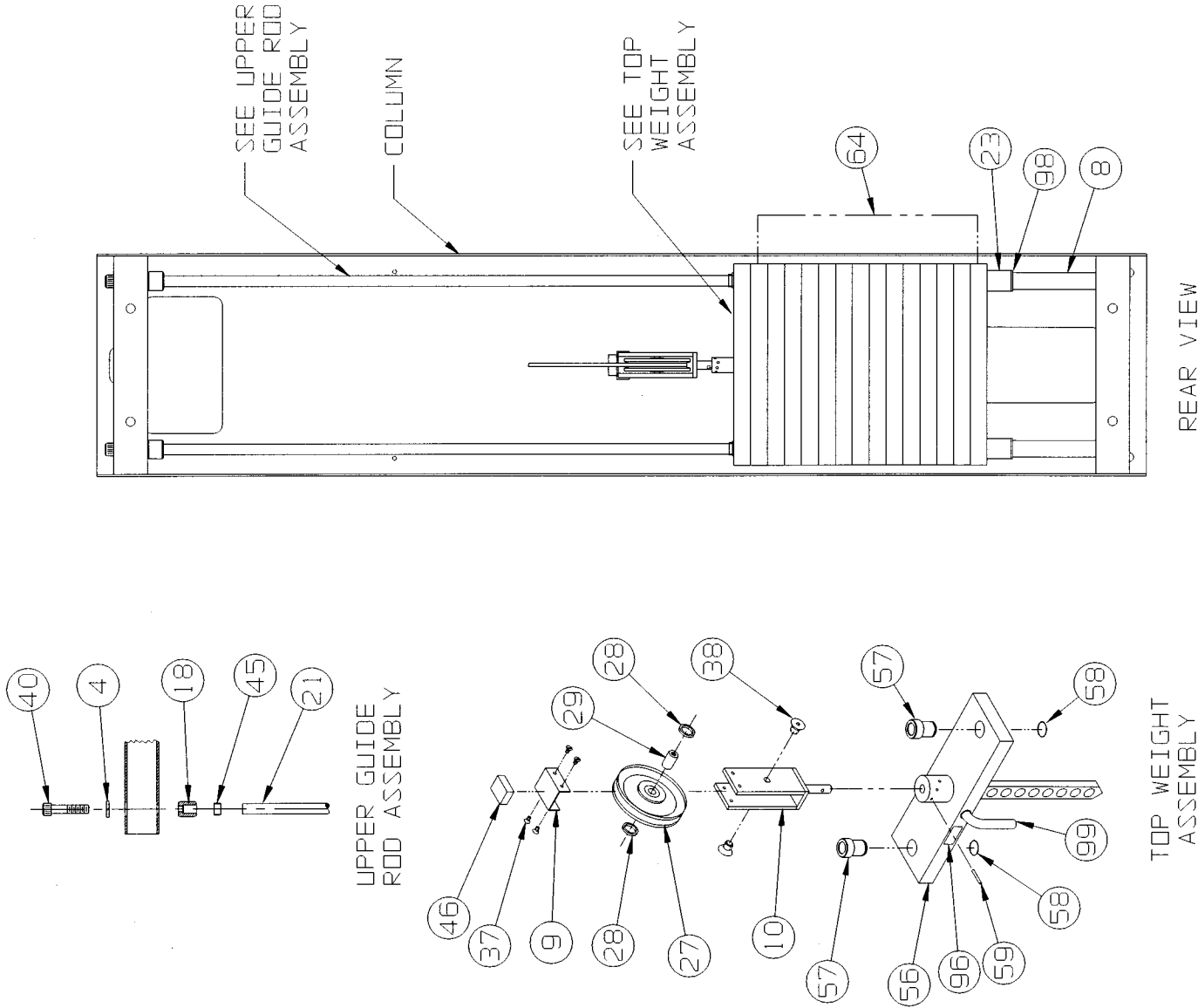
CABLE COLUMN

5633

ASSEMBLY & PARTS



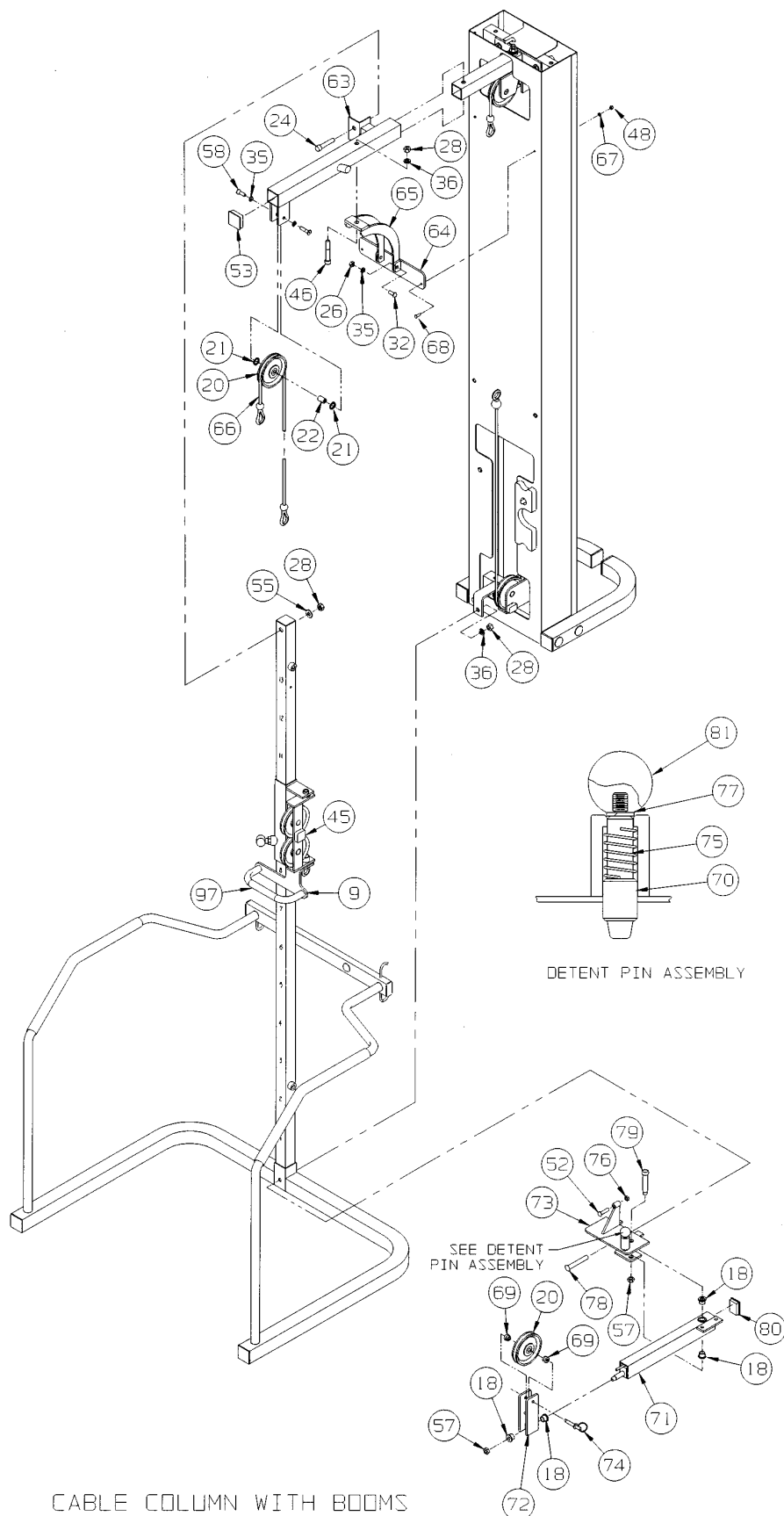
DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Placard Decal.....	01159	O. Hip Harness.....	51073
B. Snap Link.....	GQ000206	P. Upper Boom Kit.....	5315K002
C. Handle Subassembly.....	01702	Q. Cable Subassembly.....	5315-211
D. Ballet Bar.....	5315-307	R. Pulldown Bar.....	5315-003
E. Foam Grip.....	5208M046	S. Handgrip.....	PR400201
F. Weight Selector Pin.....	5310P044	T. Lower Boom Kit.....	5315K003
G. Caution Decal.....	4000Y316	U. Handle Subassembly.....	01255
H. Cable Subassembly.....	5315S028	V. Half Weight.....	4301C096
I. Serial Number Decal		W. Weight Plate Decal.....	4800-515
J. Handle Subassembly.....	5310S040	X. General Warning Decal.....	4800-381
K. Warning Decal.....	02521	Y. Foam Grip.....	1670M115
L. Foam Grip.....	4055M028	Z. Foam Grip.....	5310M042
M. Straight Handle.....	02203	AA. Thigh Strap.....	51121
N. Ankle Strap.....	51122		



CABLE COLUMN

5315 (WITHOUT BOOMS) AND 5316 (WITH BOOMS)

ASSEMBLY & PARTS



5315 - Cable Column without Booms & 5316 - Cable Column with Booms

ITEM	QTY	PART NO.	DESCRIPTION
1	2	01755	Long Guide Rod Collet
2	2	01694	Corner Bracket
3	1	4108Y057	Black RLD Number Decal
4	2	01141	Weight Spacer 5.00
5	1	01142	Pulley Mount Cap
6	1	01143	Pulley Mount
7	1	01144	Upper Pulley Bracket
8	1	01155	Pivot Tube
9	1	5315-307	Ballet Bar
10	2	5310M035	Weight Stack Guide Rod
11	1	5310C029	Cover
12	1	5315-203	Adjusting Tube
13	1	5315-202	Ballet Bar Bracket
14	1	01150	Pulley Bracket
15	1	5315P011	Adjusting Tube
16	1	5315S028	Cable Subassembly
17	2	PR060005	Weight Bumper
18	8	FB050219	Flange Bearing .62 x .75 x .50 L
19	2	FB050222	Flange Bearing .75 x .88 x .75 L
20	8	GP000000	Pulley Assembly 4.50
21	16	GP000004	Pulley Spacer
22	8	GP000203	Pulley Center
23	1	GP000204	Pulley Assembly 3.00
24	8	JC782830	SHCS .50-13 x 2.50
25	6	HC782817	SHCS .50-13 x 1.00 (BL Oxide)
26	4	HN704000	Hex Nut .375-16
27	2	HN705618	Nut-Eye Socket
28	16	HN784000	Hex Nut .500-13
29	4	HT582210	Tap Screw #10-32 x .375 F
30	10	JC700914	FHSCS .375-16 x .62
31			Removed
32	4	HC700417	BHSCS .375-16 x 1.00
33	4	JC780417	BHSCS .50-13 x 1.00
34	5	JS407100	Machinery Bushing .625
35	4	HS348300	Split Lockwasher .375
36	14	JS388300	Split Lockwasher .50
37	6	PP080202	Plastic Insert 1.19 Dia. x 11 G
38	2	PP080204	Plastic Cap .625 ID. x .68 OD
39	6	PP090210	Plastic Insert 2.00 Sq x 10-14 G
40	1	PU060200	Bumper
41	2	FB030220	Machinery Bushing
42			Removed
43	4	PN660201	Hole Plug
44	1	01892	Bracket
45	2	PU060201	Bumper
46	2	JC782834	SHCS .50-13 x 3.00
47	2	HC620430	BHSCS .25-20 x 2.50
48	4	HN624100	Hex Nut .25-20
49	4	PR069400	Recess Bumper
50	1	01155	Pivot Tube
51	1	01692	Threaded Insert
52	2	JC700422	BHSCS .375-16 x 1.50
53	2	PP090210	Plastic Insert 2.00 SQ x 10-14 G
54	2	HC781230	HHCS .50-13 x 2.50
55	3	HS387500	Washer .50
56	2	5315-343	Attaching Tab
57	4	HN784900	Nylon Locknut .50-13
58	6	HC700414	BHSCS .375-16 x .62
59			Removed
60	1	01667	Handrail
61	1	5315-201	Cross Tube
62	2	PP090205	Plastic Insert 1.0 x 2.0 x 11 G
63	1	5315-204	Top Tube
64	1	5315-206	Mounting Bracket

ITEM	QTY	PART NO.	DESCRIPTION
65	1	5315-210	Gusset Bracket
66	1	5315-211	Cable Aubassembly
67	3	HS308300	Split Lockwasher .25
68	3	JC620415	BHSCS .25-20 x .75
69	2	01053	Pulley Clevis Adapter
70	1	4113M041	Start Detent Pin
71	1	5315-207	Lower Arm
72	1	5315-208	Pulley Tab
73	1	5315-209	Mounting Bracket
74	1	BH030205	Quick Release Pin .375 x 2.00
75	1	BS070201	Spring .56 ID x .66 OD x 1.50 L
76	1	HN704400	Jam Nut .375-16
77			Removed
78	1	JC780938	FHSCS .50-13 x 3.50
79	1	JD403332	S/Bolt .625 x 2.75 .50-13
80	1	PP090000	Plastic Insert 1.5 x 2.0 x 11 G
81	1	PP460200	Plastic Knob .312-18
82			Removed
83	2	5315-214	Base
84	1	5315-205	Short Top Tube
85	2	1670M115	Handrail Grip
86	2	5310P044	Weight Selector Pin
87	1	4301C096	Half Weight 3 x 12
88	1	02106	Half Weight Peg
89	2	01066	Plastic Fastener
90	1	01691	Handle Lock
91	1	01159	Placard Decal
92	1	4800-381	General Warning Decal
93	1	02521	Warning Decal
94	1	4000Y316	Caution Decal
95	1	3900-378	Cybex Decal 11.37 Vert Wht/Plm
95	1	3900-391	Cybex Decal 11.37 Vert Blk/Plm
95	1	3900-419	Cybex Decal 11.37 Vert Wht/Wht
96	1	4800-515	Weight Plate Decal
97	1	5208M046	Foam Grip 12.75
98	1	GQ000206	Snap Link
99	1	02024	Column
100	1	55315	Cable Column Instruction Sheet
101	1	01475	Top Weight Assembly
102	2	4700-019	Flange Bearing
103	2	BR030206	Retaining Ring
104	1	HP286819	Spiral Pin
105	14	4700C089	Stack Weight 3 x 12 (not shown)
106	1	4700M005	Rubber Cap (not shown)
107	2	HS760106	Flat Washer 1.75 OD .69 ID .14T
108	1	5310S040	Handle Subassembly (not shown)
109	1	02203	Straight Handle (not shown)
110	1	51121	Thigh Strap (not shown)
111	1	51122	Ankle Strap (not shown)
112	1	51073	Hip Harness (not shown)
113	1	5315-003	Pulldown Bar (not shown)
114	1	01255	Handle Subassembly (not shown)

NOTE: This machine shipped with an Owner's Manual. Additional copies can be obtained by contacting your dealer or a Cybex Representative at 1-888-462-9239.

Assembly Notes

1. Keep all shipping packages near area of installation. Standard items include:

- Cable Column Assembly - 5315A001-9x
- Cable Column Package - 5315-50
- Cable Column Upper Arm Kit - 5315K002 (if applicable)
- Cable Column Lower Arm Kit - 5315K003 (if applicable)
- Top Weight Package (15-3 x 12, black) -01475
- Weight Pack 1 (3 x 12, black) - 4700S110

NOTE: x denotes specific color.

NOTE: Refer to the exploded-view assembly diagram when performing steps listed below.

2. Attach handrail to column.

3. Install lower pulley bracket (item 8). Install upper pivot tube (item 50) and upper pulley mount (item 7).

4. Install Upper Boom. See Cable Column With Booms diagram, located on this instruction sheet and Upper Boom instructions, supplied with Upper Boom kit.

NOTE: if not installing Upper Boom, then install short top tube (item #84).

5. Set chrome tube into hand rail assembly. Fasten upper portion finger tight.

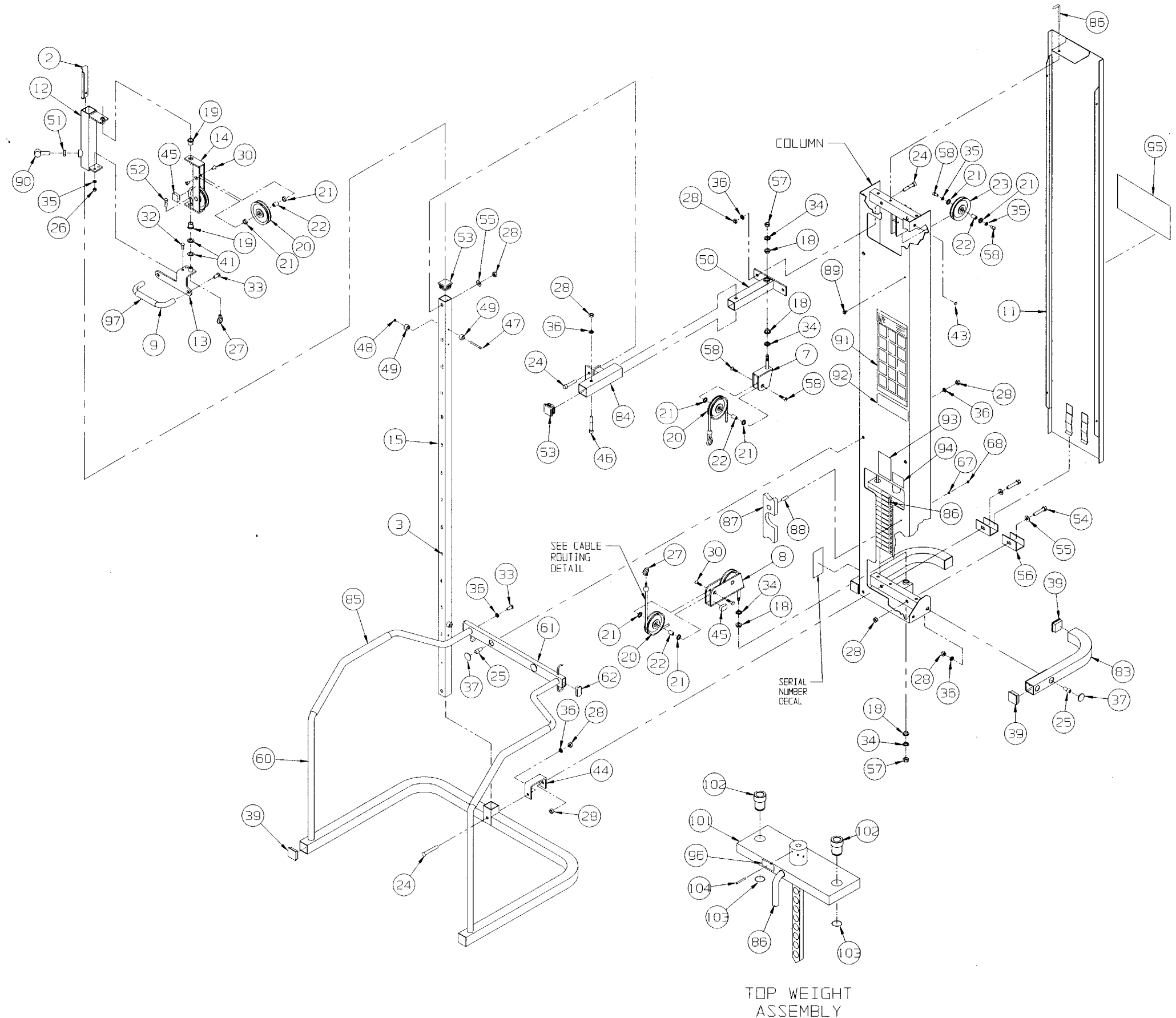
6. Install Lower Boom if applicable. See Cable Column With Booms diagram, located on this instruction sheet and lower boom instructions supplied with Lower Boom kit.

7. Attach lower portion of hand rail to column.

8. Route cable. **NOTE:** Be sure to insert cable through brass bushing. See Cable Routing Detail.

9. Install weight stack.

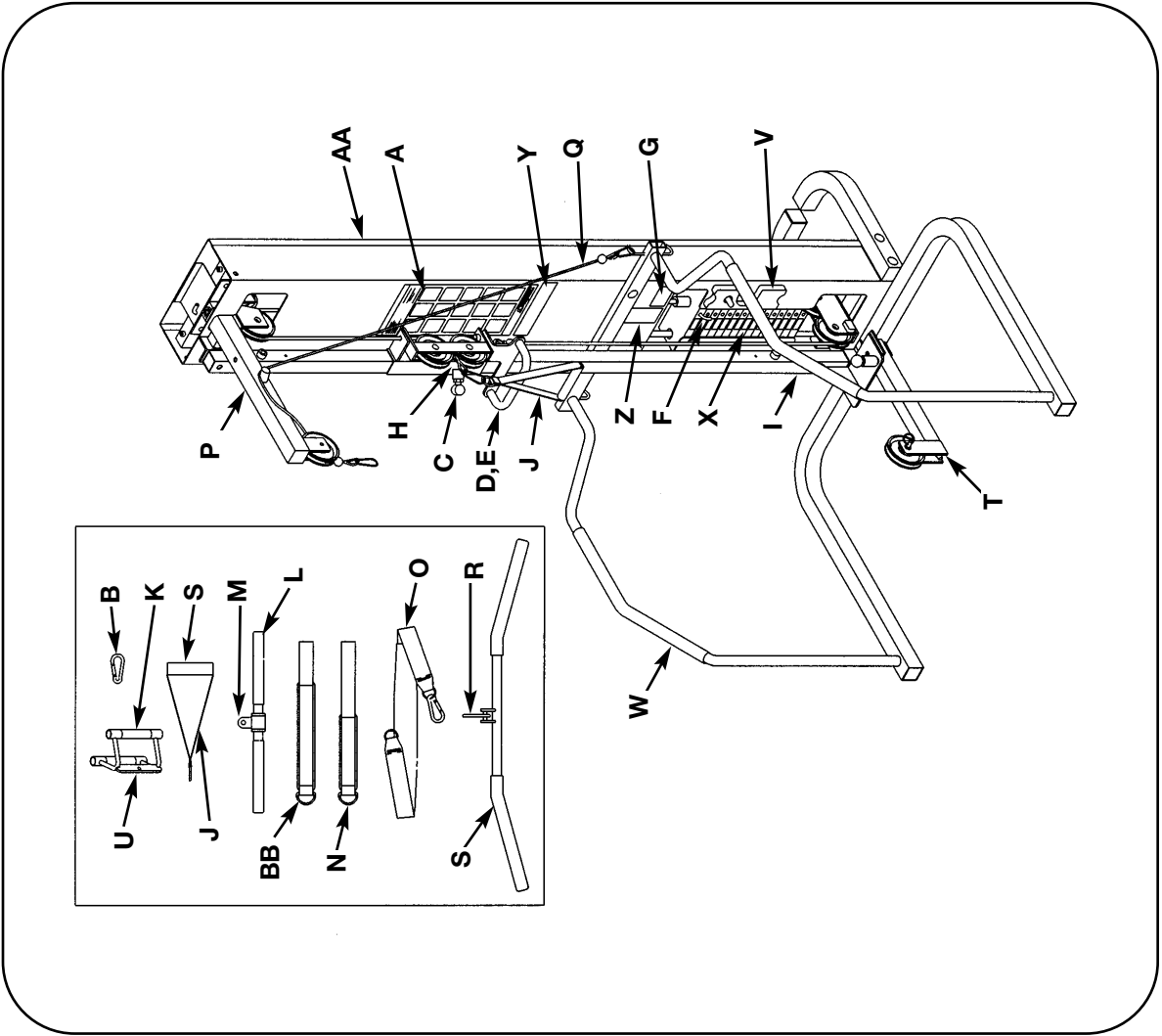
10. Install base stabilizers (item #83).



CABLE COLUMN

5315 (WITHOUT BOOMS) AND 5316 (WITH BOOMS)

ASSEMBLY & PARTS



5315 CABLE ROUTING DETAIL 5316 CABLE ROUTING DETAIL

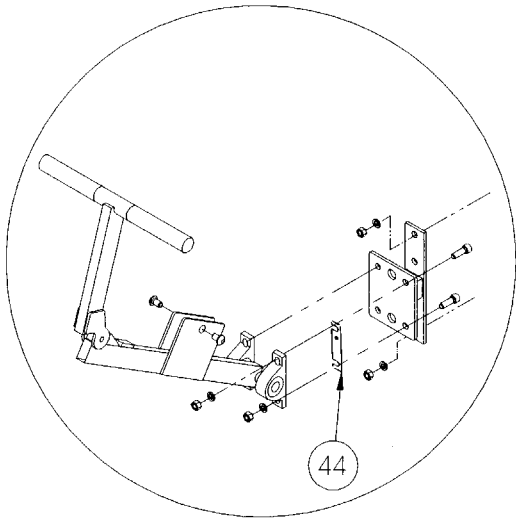
DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Placard Decal	01159	P. Upper Boom Kit	5315K002
B. Snap Link	GQ000206	Q. Cable Subassembly	5315-211
C. Handle Subassembly.....	01072	R. Pulldown Bar	5315-003
D. Ballet Bar	5315-307	S. Hand Grip	PR400201
E. Foam Grip.....	5208M046	T. Lower Boom Kit.....	5315K003
F. Weight Selector Pin	5310P044	U. Handle Subassembly.....	01255
G. Caution Decal	4000Y316	V. Half Weight	4301C096
H. Cable Subassembly.....	5315S028	W. Foam Grip.....	1670M115
I. Serial Number Decal	5310S040	X. Weight Plate Decal	4800-515
J. Handle Subassembly.....	5310M042	Y. General Warning Decal.....	4800-381
K. Foam Grip.....	5310M042	Z. Warning Decal.....	02521
L. Foam Grip.....	4055M028	AA. Cybex Decal Wht/Plm	3900-378
M. Straight Handle.....	02203	AA. Cybex Decal Blk/Plm	3900-391
N. Ankle Strap	51122	AA. Cybex Decal Wht/Wht	3900-419
O. Hip Harness	51073	BB. Thigh Strap	51121



5611 - Assist Chin Up/Dip

ITEM	QTY	PART NO.	DESCRIPTION
1	1	01291	Upper Arm Subassembly
2	1	5345-003	Lever Assembly
3	1	01297	Arm Subassembly
4	1	01293	Step Assembly
5	2	01755	Guide Rod Collet
6	1	01182	Pulley Mount
7	4	PN660201	Hole Plug
8	2	4107M066	Weight Stack Guide Rod
9	1	8640-330	Spiral Pin 10 MM x 90 MM
10	2	PR060005	Weight Bumper
11	2	GP000000	Pulley Assembly
12	4	GP000004	Pulley Spacer
13	2	GP000203	Pulley Center
14	2	HC700415	BHSCS .375-16 x .75
15	2	HN704000	Hex Nut .375-16
16	2	HS348300	Split Lockwasher .375
17	2	HC700414	BHSCS .375-16 x .625
18	2	JC702832	SHCS .375-16 x 2.75
19	2	JC782830	SHCS .50-13 x 2.50
20	1	JN734200	Hex Nut .438-14
21	1	JN734400	Jam Nut .438-14
22	2	PP080204	Plastic Cap .625 ID x .68 OD
23	13	HN784000	Hex Nut .50-13
24	2	JC780420	BHSCS .50-13 x 1.25
25	15	JS388300	Split Lockwasher .50
26	1	JC782832	SHCS .50-13 x 2.75
27	6	JC782836	SHCS .50-13 x 3.25
28	1	01068	Top Weight Assembly
••29	2	4700-019	Flange Bearing
••30	2	BR030206	Retaining Ring
31	1	4700M005	Rubber Cap
32	1	HP286819	Spiral Pin .188 x 1.12
33	1	02224	Modular Screen (not shown)
••34	19	4005C062	Stack Weight 4 x 12
35	4	PP090210	Plastic Insert 2.00 Sq X 10-14 G
36	2	BG030201	Steel Plug
37	4	JC780417	BHSCS .50-13 x 1.00
38	1	HS347700	Washer .375
•39	1	01419	Stabilizer
•40	1	HN784000	Hex Nut .50-13

ITEM	QTY	PART NO.	DESCRIPTION
41			Removed
•42	1	JC782836	SHCS .50-13 x 3.25
•43	1	JS388300	Split Lockwasher .50
44	2	5580-324	Shim
45	1	01302	Placard Decal
46	1	4000Y316	Caution Decal
47	1	02521	Warning Decal
48	1	4800-381	General Warning Decal
49	2	PR400201	Foam Grip
50	4	4055M028	Foam Grip
51	2	01186	Non-Slip Fabric
52	1	01187	Cable Subassembly
53	1	5310P044	Weight Selector Pin
54	1	PU060204	Bumper
55	1	PU060201	Bumper
56	1	4800-515	Weight Plate Decal
57	2	5345-319	Rubber Grip 7.75



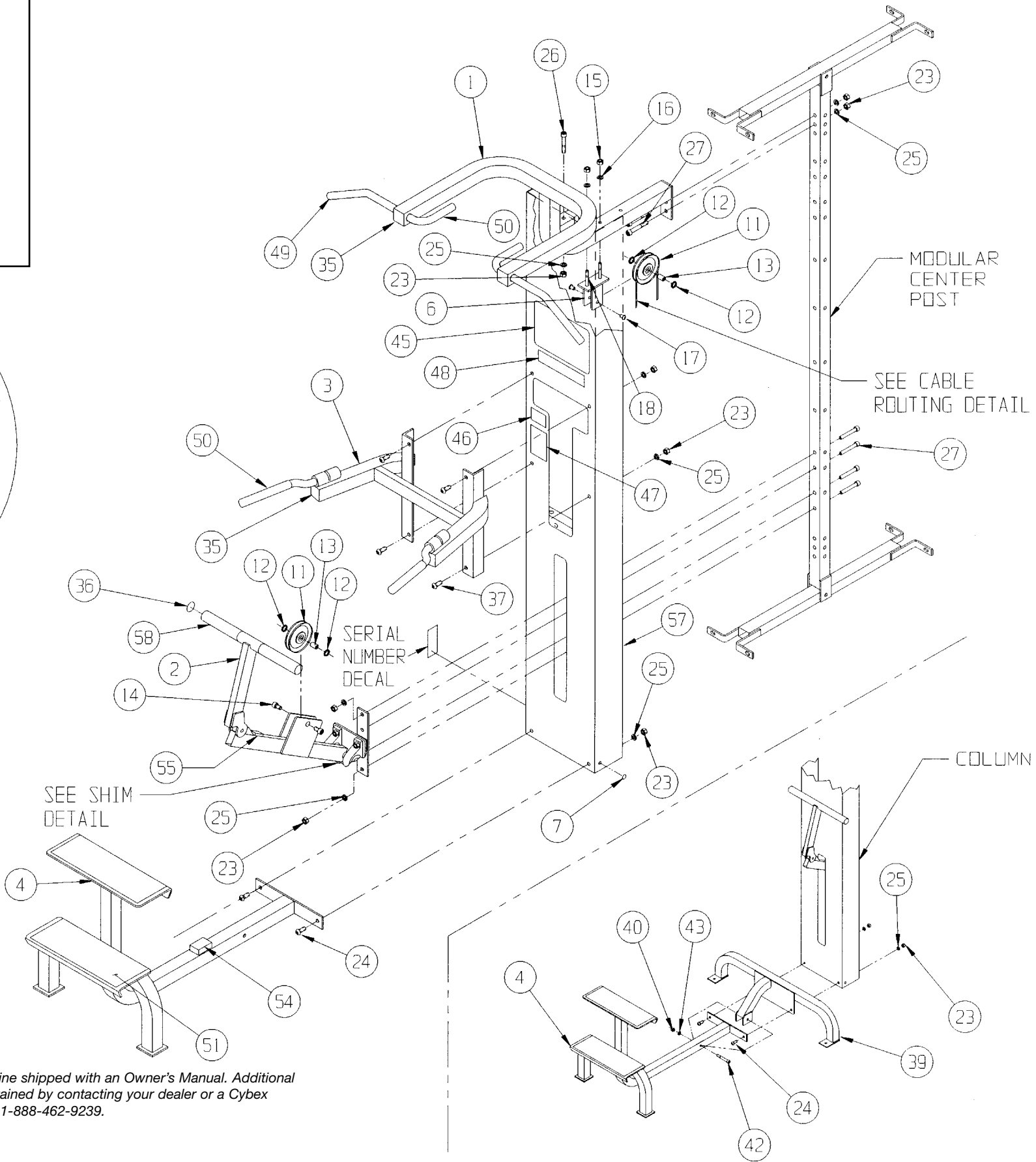
SHIM DETAIL

• See Assembly Note #7.

•• FOR UNITS MANUFACTURED PRIOR TO JUNE 1993, CALL 1-888-462-9239.

Assembly Notes

- Keep all shipping packages near area of installation. Standard shipping items include:
 - Assisted Chin Up/Dip Assembly - 5611-9x
 - Power Assist Package - 5611-50
 - Top Weight Package - 01068 (black)
 - Weight Pack 1 - 4700S040 (black)
 - Weight pack 2 - 4700S043 (black)**NOTE:** x denotes specific color
- Follow assembly guidelines listed on the 5600 Modular Center Post Assembly & Parts instruction sheet or the 5629 Tandem Center Post Assembly & Parts instruction sheet. Also refer to all the assembly notes listed below.
- After installing weight stack, drive spirally coiled pin (item #9) into third weight plate (hole normally used for selector pin). Be sure pin is flush.
- After pinning third weight, install foot lever assembly. Rotate lever arm 90 degrees and slide through column slot from backside of column. Pillow block covers holes 4 - 7 above crossmember.
- Adjust cable until foot lever arm touches top of slot in column.
- Verify weight selector pin goes through each hole in the weight stack.
- Items 39 - 43 are required when the Assisted Chin Up/Dip station is used in Tandem configuration. See assembly guidelines listed on the 5629 Tandem Center Post Assembly & Parts instruction sheet, part number 55629.

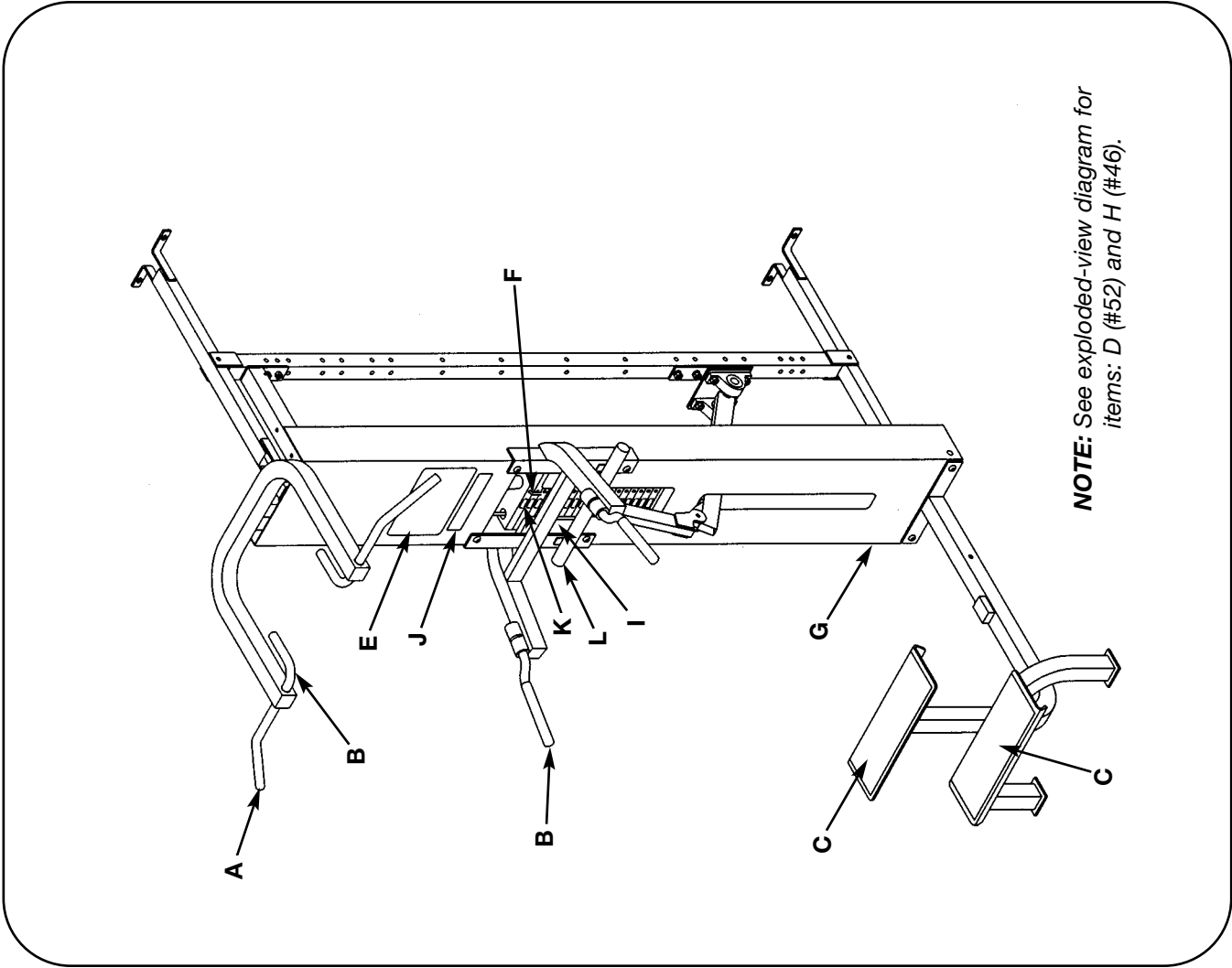


NOTE: This machine shipped with an Owner's Manual. Additional copies can be obtained by contacting your dealer or a Cybex Representative at 1-888-462-9239.

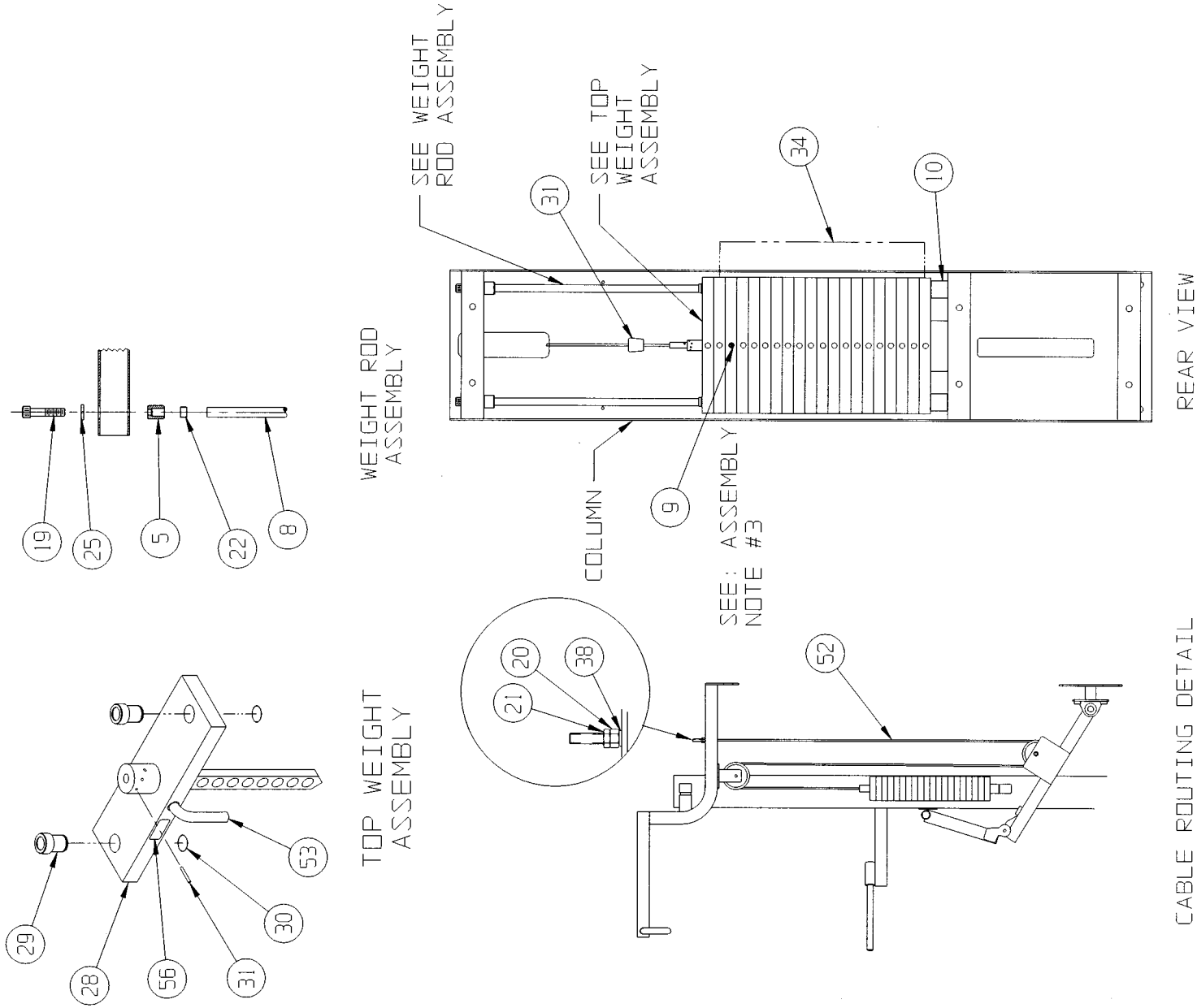
MODULAR ASSIST CHIN UP/DIP

5611

ASSEMBLY & PARTS

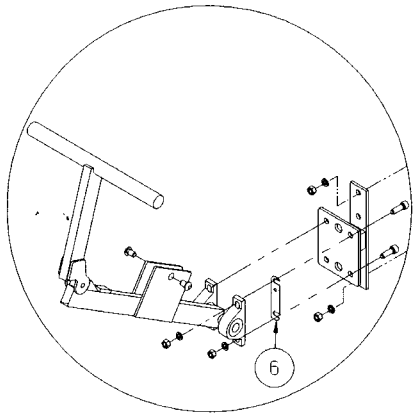


DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Foam Grip.....	PR400201	G. Serial Number Decal	
B. Foam Grip.....	4055M028	H. Caution Decal.....	4000Y316
C. Non-Slip Fabric.....	01186	I. Warning Decal.....	02521
D. Cable Subassembly.....	01187	J. General Warning Decal.....	4800-381
E. Placard Decal.....	01302	K. Weight Plate Decal.....	4800-515
F. Weight Selector Pin.....	5310P044	L. Rubber Grip.....	5345-319



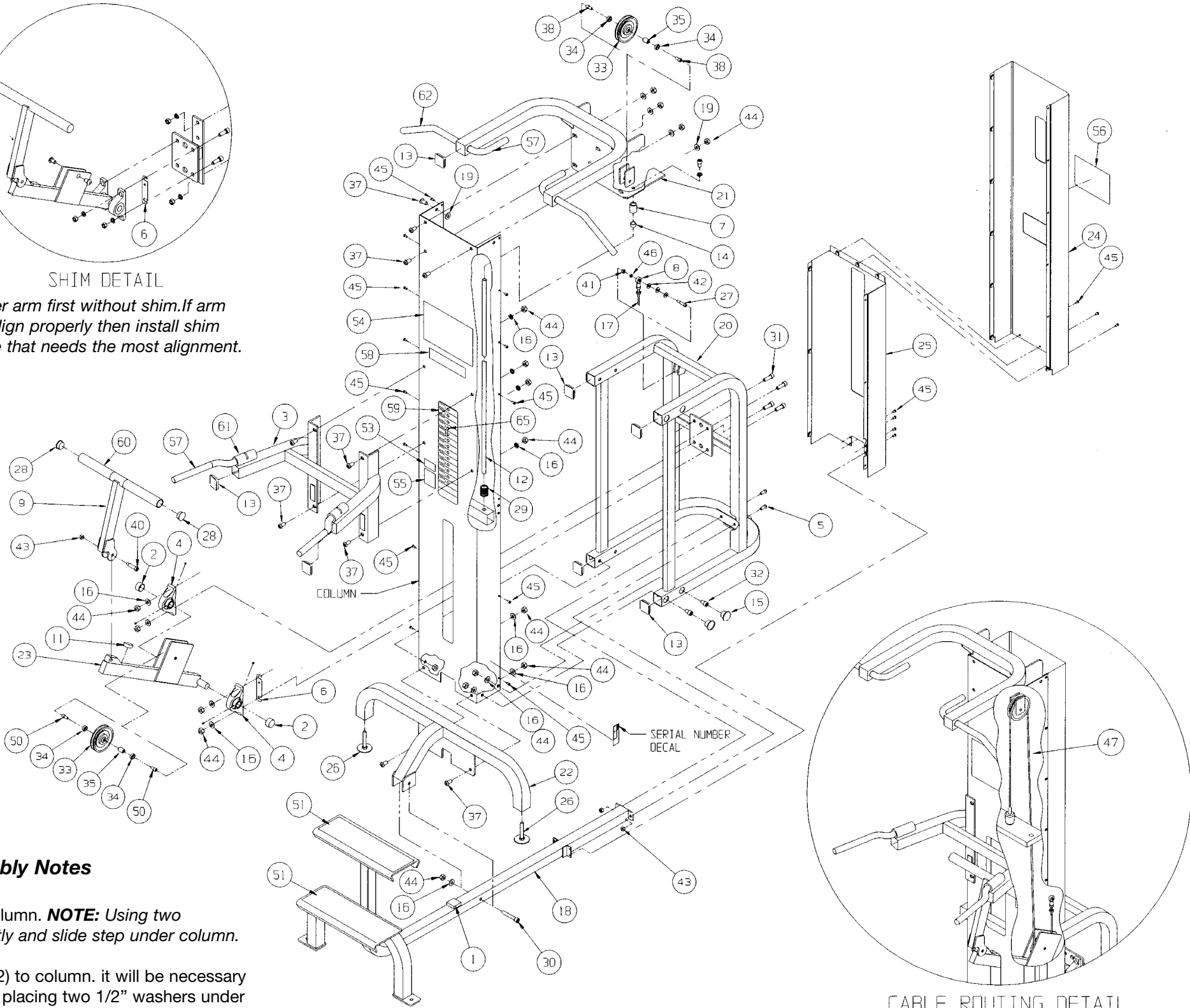
5345 - Single Station Dip/Chin

ITEM	QTY	PART NO.	DESCRIPTION
1	2	PU060204	Bumper
2	2	01190	Vinyl Black End Cap
3	1	01167	Arm Assembly
4	2	4000-100	Pillow Block Bearing
5	2	HC700417	BHSCS .375-16 x 1.00
6	2	5580-324	Shim
7	2	01755	Guide Rod Collet
8	1	FB030213	Rod End Bearing
9	1	5345-206	Lever
10			Removed
11	1	PU060201	Bumper
12	2	4025M073	Weight Stack Guide Rod
13	8	PP090210	Plastic Insert 2.00 x 2.00 x 10-14G
14	2	PP080204	Plastic Cap .625 ID x .68 OD
15	10	PP080202	Plastic Insert 1.19 Dia. x 11 G
16	19	JS387400	Internal Tooth Lackwasher .50
17	1	JN714400	Jam Nut .375-24
18	1	5345-200	Step
19	10	HS387700	Washer SAE .50
20	1	5345-202	Frame
21	1	5345-203	Upper Arm
22	1	5345-204	Support Leg
23	1	02321	Pulley Lever
24	1	5345-303	Top Cover (Backside)
25	1	5345-304	Lower Cover (Backside)
26	2	JG780034	Leveling Guide
27	1	JD343317	Shoulder Bolt .375 x 1.00 .312-18
28	2	BG030201	Steel Plug
29	2	PR060005	Weight Bumper
30	1	JC782834	SHCS .50-13 x 3.00
31	4	JC782822	SHCS .50-13 x 1.50
32	4	JC782815	SHCS .50-13 x .75
33	2	GP000000	Pulley Assembly
34	4	GP000004	Pulley Spacer
35	2	GP000203	Pulley Center
36	1	8640-330	Spiral Pin 10 mm x 90 mm
37	12	JC780417	BHSCS .50-13 x 1.00
38	2	HC700414	BHSCS .375-16 x .62
39			REMOVED
40	1	HD383322	Shoulder Bolt .50 x 1.50 .375-16
41	1	HN664000	Hex Nut .312-18
42	2	HS347600	Washer .375
43	3	HN704901	Nylon Locknut .375-16
44	25	HN784000	Hex Nut .50-13
45	25	JC620410	BHSCS .250-20 x .50
46	1	HS328300	Split Lockwasher .312
47	1	5345-002	Cable Subassembly
48			Removed
49	2	JS388300	Split Lockwasher .50
50	2	JC700914	FHSCS .375-16 x .62
51	2	01186	Non-Slip Fabric
52			Removed
53	2	4000Y316	Caution Decal
54	1	01302	Placard Decal
55	1	02521	Warning Decal
56	1	3900-378	Cybox Decal 11.37 Vert Wht/Plm
56	1	3900-391	Cybox Decal 11.37 Vert Blk/Plm
56	1	3900-419	Cybox Decal 11.37 Vert Wht/Wht
57	4	4055M028	Foam Grip 8.00
58	1	4800-381	Warning Decal
59	1	4800-515	Weight Plate Decal
60	2	5345-319	Rubber Grip 7.75
61	4	FB050206	Sleeve Bearing
62	2	PR400201	Grip 14.00
63	2	BR030206	Retaining Ring
64	1	4700M005	Rubber Cap
65	1	5310P044	Weight Selector Pin
66	19	4005C062	Stack Weight 4 x 12
67	1	01068	Top Weight Assembly
68	2	JC782830	SHCS .50-13 x 2.50
69	2	4700-019	Flange Bearing
70	1	HP286819	Spiral Pin



SHIM DETAIL

NOTE: Attach lever arm first without shim. If arm does not align properly then install shim on the side that needs the most alignment.



Assembly Notes

1. Attach step (item 18) to column. **NOTE:** Using two people, raise column slightly and slide step under column.
2. Attach support leg (item 22) to column. it will be necessary to raise column slightly by placing two 1/2" washers under each side of column in order to align holes. Secure step to support leg. Remove washers after securing support leg.
3. Install weight stack then drive spiral pin (item 36) into third weight plate (hole normally used for selector pin).
4. Install upper arm assembly (item 21) to column.
NOTE: Two people will be required to install upper arm assembly.
5. Route cable.

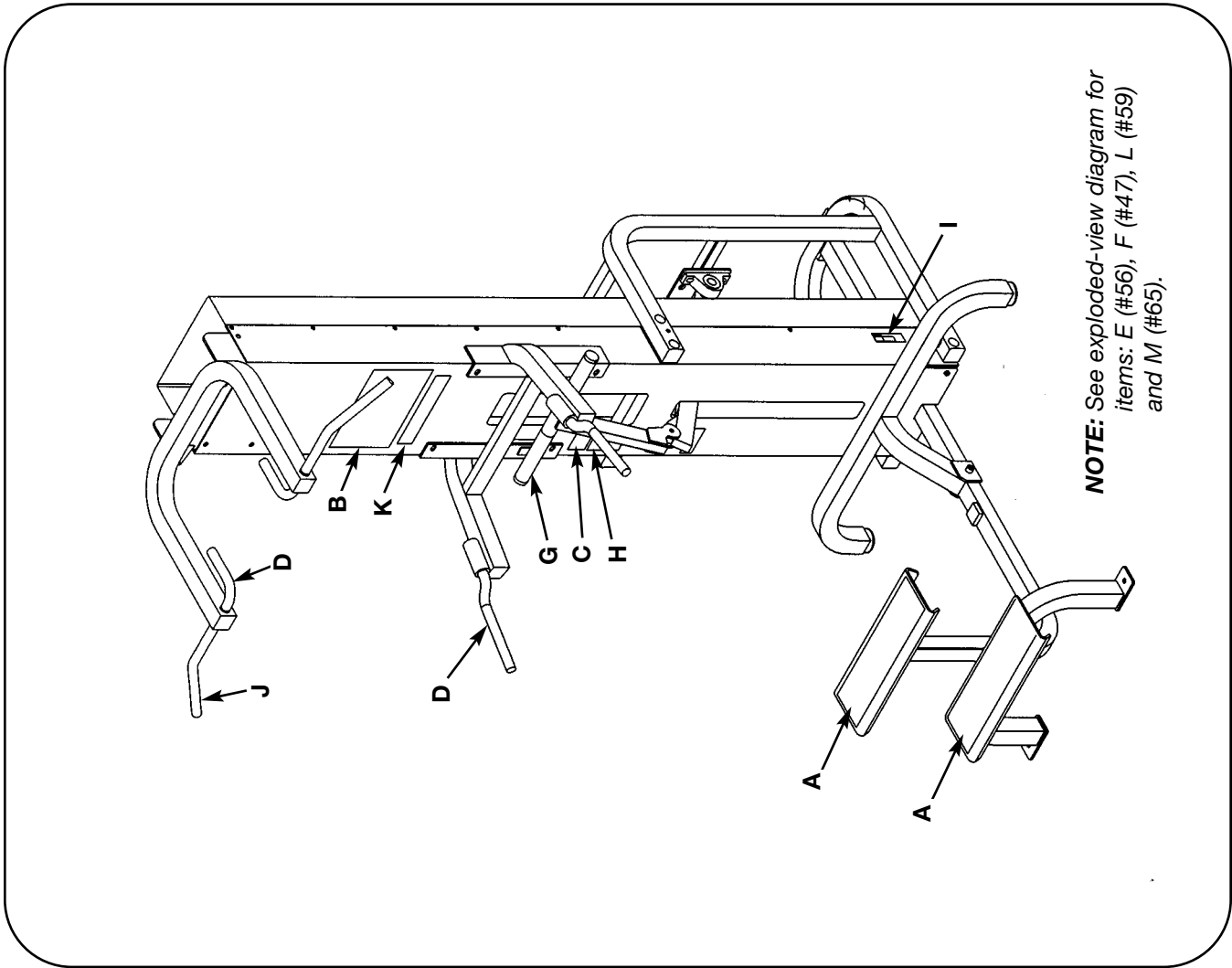
NOTE: This machine shipped with an Owner's Manual. Additional copies can be obtained by contacting your dealer or a Cybex Representative at 1-888-462-9239.

CABLE ROUTING DETAIL

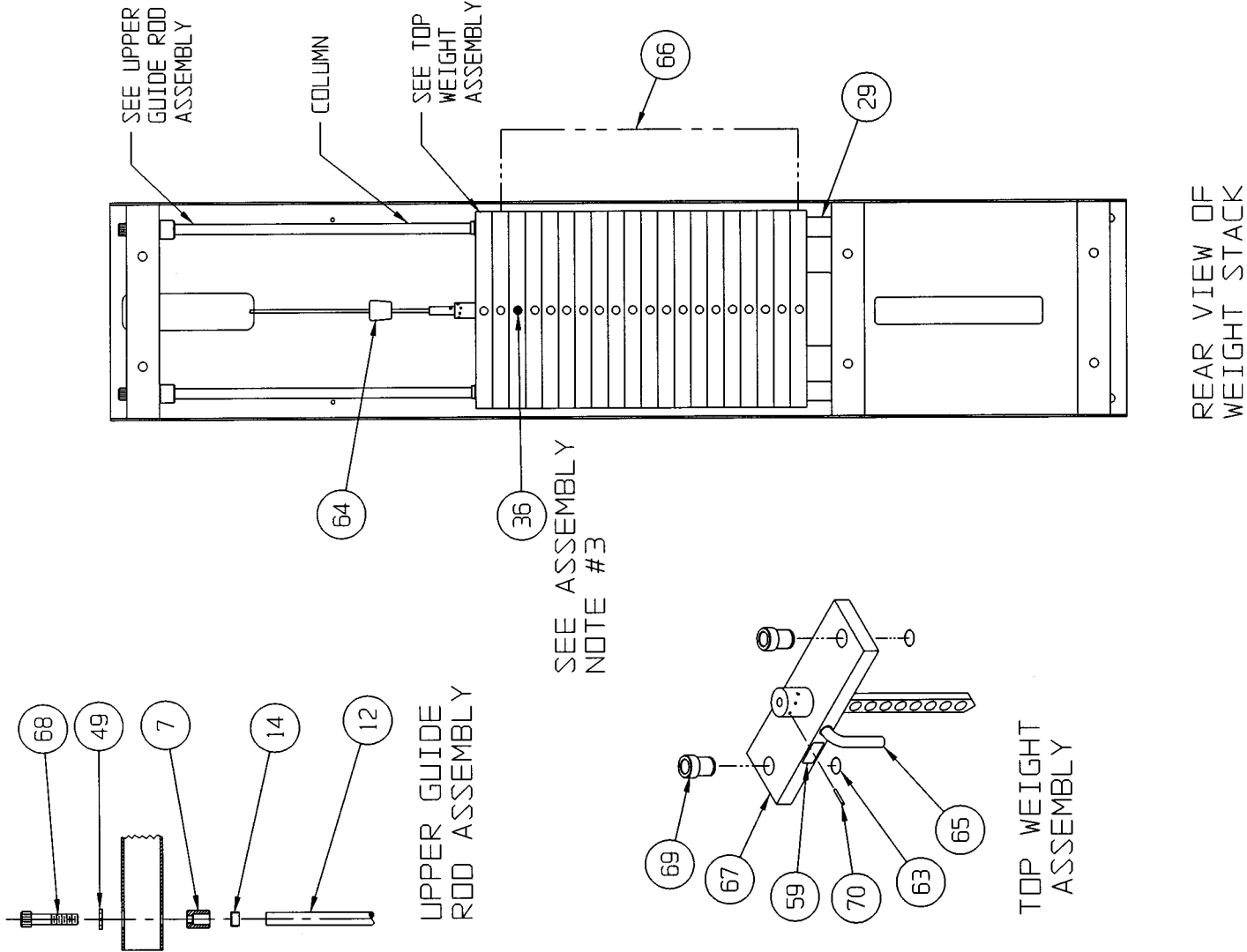
SINGLE STATION DIP/CHIN

5345

ASSEMBLY & PARTS



DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Non-slip Fabric	01186	G. Rubber Grip	5345-319
B. Placard Decal.....	01302	H. Warning Decal.....	02521
C. Caution Decal	4000Y316	I. Serial Number Decal	
D. Foam Grip	4055M028	J. Grip	PR400201
E. Cybex Decal Wht/Plm	3900-378	K. Warning Decal	4800-381
E. Cybex Decal Blk/Plm.....	3900-391	L. Weight Plate Decal	4800-515
E. Cybex Decal Wht/Wht	3900-419	M. Weight Selector Pin	5310P044
F. Cable Subassembly.....	5345-002		



MODULAR SHOULDER PRESS

5639

ASSEMBLY & PARTS

ASSEMBLY NOTES (5639)

1. Keep all shipping packages near area of installation. Standard items include:
 - Shoulder Press Column Assembly - 5639-9x
 - Shoulder Press Package - 5639-50
 - Cushion Box Assembly - 4015A083-0
 - Top Weight Package - 01475 (black)
 - Weight Pack - 4700S041 (black)**NOTE:** x denotes specific color
2. After installing Shoulder Press Package onto column, measure distance from edge of arm to edge of cushion. Repeat same measurement for other side. If distances are not equal then remove pillow block collars, realign shafts in pillow blocks until distance is equal then reinstall collars. See Figure 1.
3. Lift up arm and measure distance from handgrip to side of column. Repeat same measurement for other side. If distances are not equal then loosen screws securing pillow block and realign by moving pillow blocks up or down. See Figure 2.

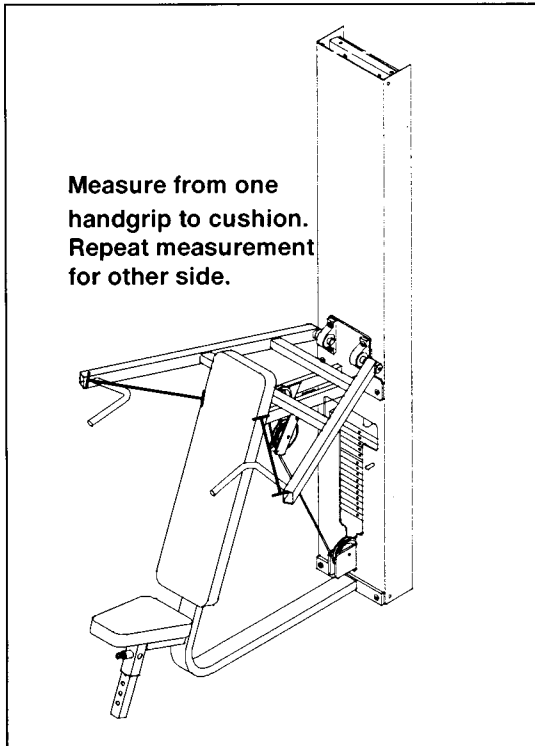


Figure 1 - Verifying Alignment

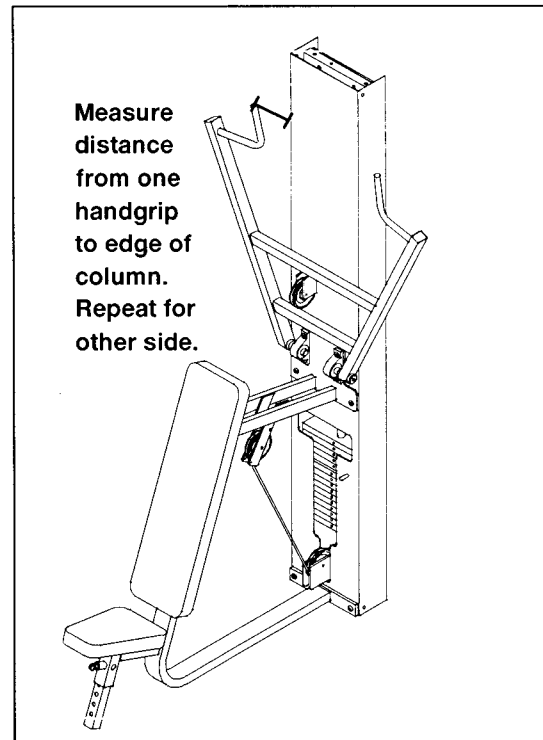


Figure 2 - Verifying Alignment

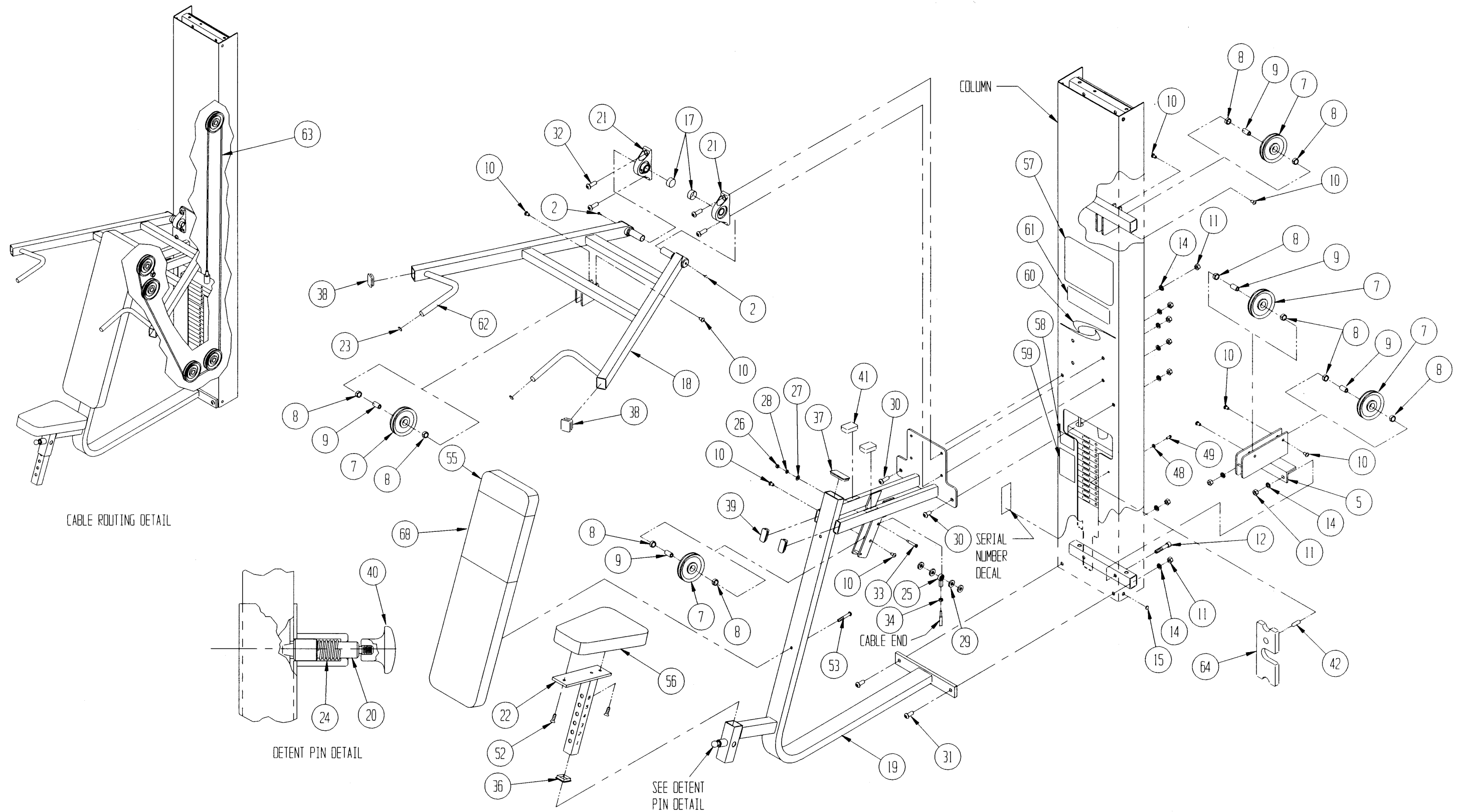
4. When installing cushions, use two Flat Head Socket Cap Screws to secure the seat cushion and use two Button Head Socket Cap Screws to secure the back cushion.
5. Follow assembly guidelines listed on either the 5600 Modular Center Post Assembly & Parts instruction sheet or the 5629 Tandem Center Post Assembly & Parts instruction sheet.

5639 - Shoulder Press

ITEM	QTY	PART NO.	DESCRIPTION
1	2	01084	Spacer 6.00
2	2	01193	Finned Fastener
3	2	01439	Weight Stack Guide Rod
4	2	01755	Guide Rod Collet
5	1	02245	Pulley Bracket
6	2	BS110200	Spring .65 ID x 1.23 OD x 2.07 L
7	5	GP000000	Pulley Assembly 4.50
8	10	GP000004	Pulley Spacer
9	5	GP000203	Pulley Center
10	10	HC700414	BHSCS .375-16 x .625
11	10	HN784000	Hex Nut .50-13
12	4	JC782830	SHCS .50-13 x 2.50
13			Removed
14	12	JS388300	Split Lockwasher .50
15	4	PN660201	Hole Plug
16	2	PP080204	Plastic Cap .625 ID x .68 OD
17	2	01190	Vinyl Back End Cap
18	1	02250	Arm
19	1	02253	Frame
20	1	4000M218	Detent Pin
21	2	4000-100	Pillow Block Bearing
22	1	4025P026	Cushion Mount Subassembly
23	2	BG030202	Steel Plug
24	1	BS070201	Spring .56 ID x .66 OD x 1.50 L
25	1	FB030213	Rod End Bearing (Female) .375-24
26	1	HN664000	Hex Nut .312-18
27	1	HS327600	Washer SAE .312
28	1	HS328300	Split Lockwasher .312
29	4	HS368000	Nylon Washer .443 ID x .75 OD x .125 T
30	2	JC780417	BHSCS .50-13 x 1.00
31	2	JC780420	BHSCS .50-13 x 1.25
32	4	JC780422	BHSCS .50-13 x 1.50
33	1	JD343322	Shoulder Bolt .375 x 1.50 .312-18
34	1	JN714400	Jam Nut .375-24
35			Removed
36	•1	PP090200	Plastic Insert 1.75 Sq x 11 G
37	1	PP090202	Plastic Insert 1.5 x 3.0 x 11 G
38	2	PP090000	Plastic Insert 1.5 x 2.0 x 10-14 G
39	2	PP090205	Plastic Insert 1.0 x 2.0 x 11 G
40	1	PP460200	Plastic Knob .312-18
41	2	PU060201	Bumper
42	1	02106	Half Weight Peg
43	2	4700-019	Flange Bearing
44	1	01475	Top Weight Assembly
45	1	4700M005	Rubber Cap
46	2	BR030206	Retaining Ring
47	1	HP286819	Spiral Pin .188 x 1.12
48	1	HS308300	Split Lockwasher .25
49	1	JC620415	BHSCS .25-20 x .75
50	4	4700C089	Stack Weight 3 x 12
51	10	4005C062	Stack Weight 4 x 12
52	2	JC700920	FHSCS .375-16 x 1.25
53	2	HC700430	BHSCS .375-16 x 2.50
54			Removed
55	1	4025S038-0	Back Cushion
56	1	5520S008-0	Seat Cushion
57	1	02255	Placard Decal
58	1	4000Y316	Caution Decal
59	1	02521	Warning Decal
60	1	3900-426	Vortex Decal
61	1	4800-381	General Warning Decal
62	2	PR400200	Grip
63	1	02254	Cable Subassembly
64	1	4301C096	Half Weight
65	1	5310P044	Weight Selector Pin
66	1	02224	Modular Screen (not shown)
67	1	4800-515	Weight Plate Decal
68	1	4000S118-0	Wear Cover

NOTE: This machine shipped with an Owner's Manual. Additional copies can be obtained by contacting your dealer or a Cybex Representative at 1-888-462-9239.

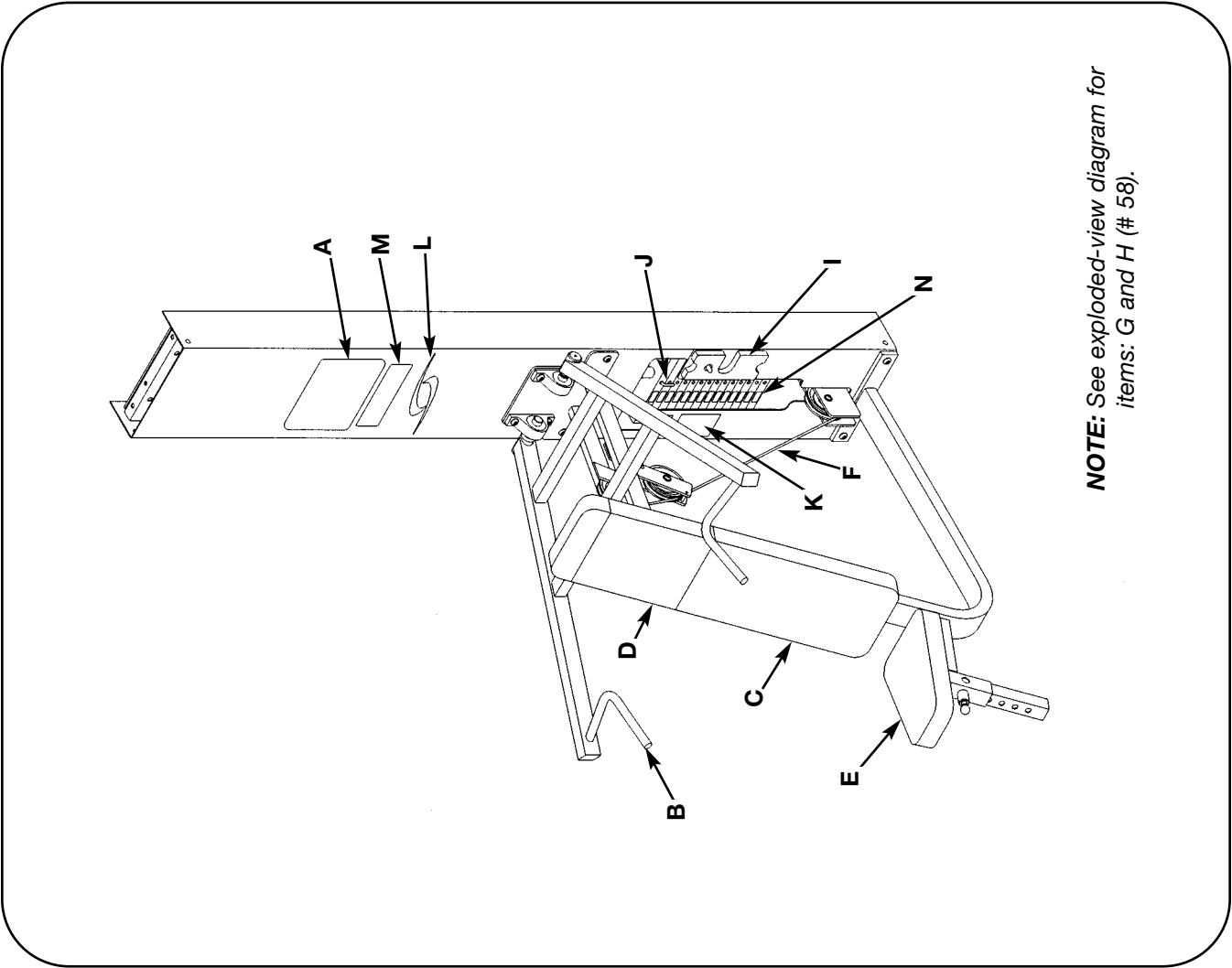
NOTE: x denotes specific color



MODULAR SHOULDER PRESS

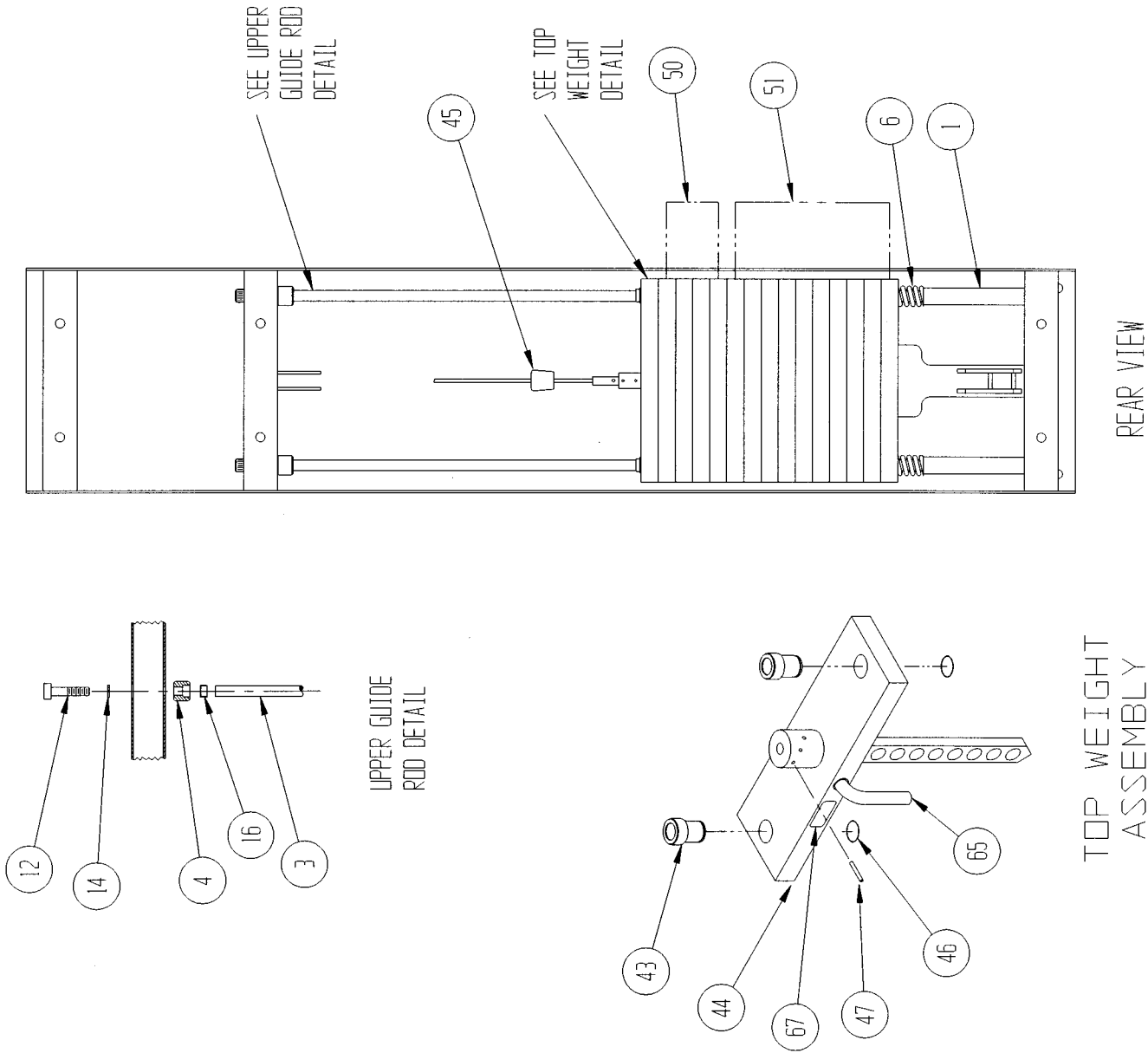
5639

ASSEMBLY & PARTS



DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Placard Decal.....	02255	H. Caution Decal	4000Y316
B. Grip	PR400200	I. Half Weight	4301C096
C. Back Cushion With		J. Weight Selector Pin	5310P044
Wear Cover (Item D)	4025S038-0	K. Warning Decal.....	02521
Wear Cover	4000S118-0	L. Vortex Decal	3900-426
Seat Cushion	5520S008-0	M. General Warning Decal.....	4800-381
F. Cable Subassembly.....	02254	N. Weight Plate Decal	4800-515
G. Serial Number Decal			

Upholstery Hardware Pack 4015S098



MODULAR CHEST PRESS

5640

ASSEMBLY & PARTS

Assembly Notes

1. Keep all shipping packages near area of installation. Standard shipping items include:
 - Chest Press Column Assembly - 5640-9x
 - Chest Press Seat Package - 5640-50
 - Chest Press Arm Package 5640-51
 - Chest Press Cushion Box Assembly 4015A083-0
 - Top Weight Package (20-4 x 12, black) - 4700-010
 - Weight Pack 1 (4 x 12, black) - 4700S040
 - Weight Pack 2 (4 x 12, black) - 4700S043

NOTE: x denotes specific color

2. Follow steps 1 - 6 of the assembly guidelines listed on the 5600 Modular Center Post or steps 1 -4 listed on the 5629 Tandem Center Post Assembly & Parts instruction sheet.
3. Measure distance from edge of back cushion to one end of arm. Repeat for other side. See Figure 1.

4. Adjust position of input arm assembly until the two measurements are as equal as possible.
5. Install cable end as shown in the Cable Routing diagram using washer (item #19), hex nut (item #23 and jam nut (item #24).
6. Install pulley mount (item #53) and adjusting tube (items #3 and #4).
7. Complete cable routing and then refer to step 8 in the Modular Center Post Assembly & Parts or step 6 in the Tandem Center Post Assembly & Parts instruction sheets.

NOTE: This machine shipped with an Owner's Manual. Additional copies can be obtained by contacting your dealer or a Cybex Representative at 1-888-462-9239.

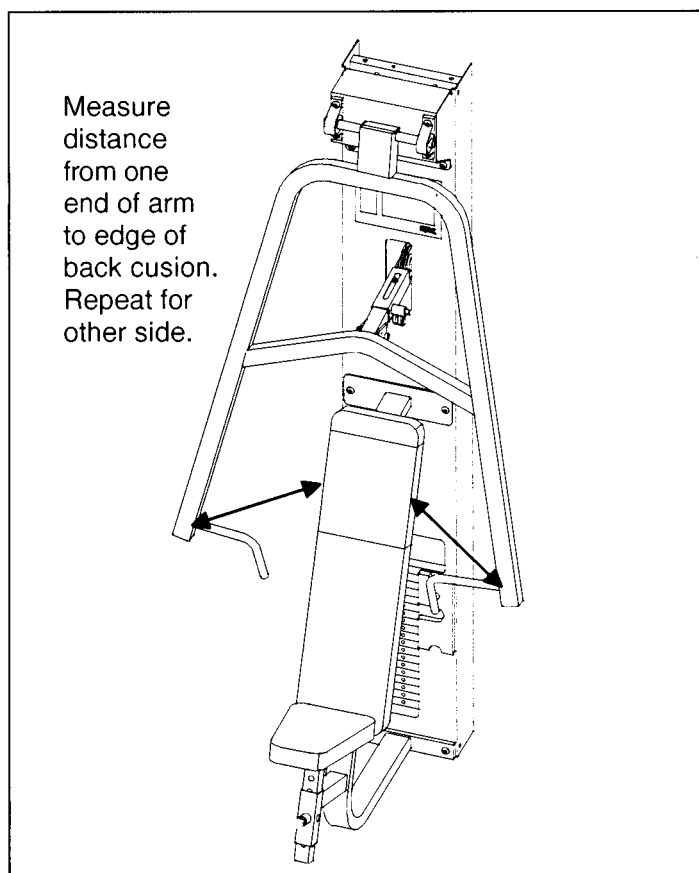
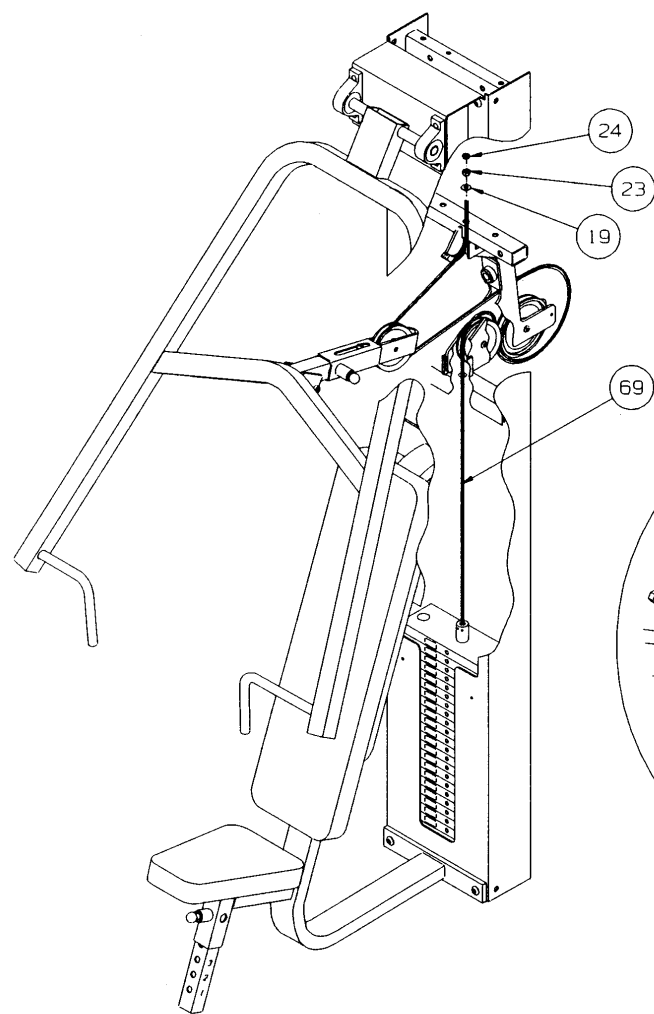


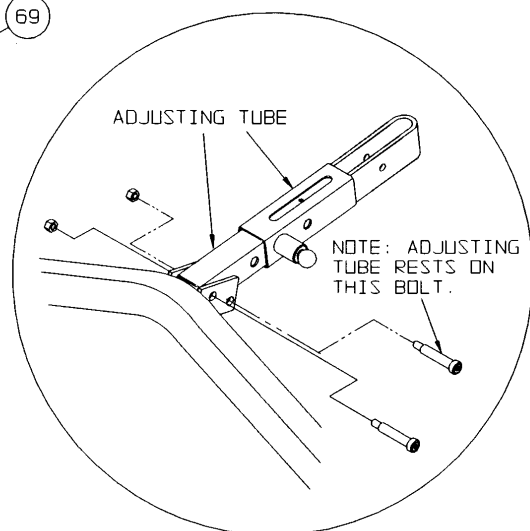
Figure 1 - Verifying Alignment

5640 - Chest Press

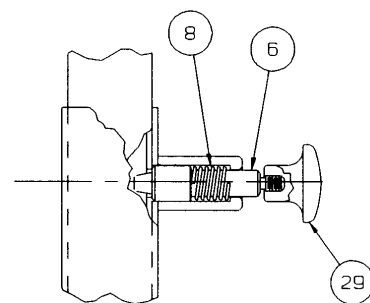
ITEM	QTY	PART NO.	DESCRIPTION
1			Removed
2	2	01755	Guide Rod Collet
3	1	02293	Adjusting Tube
4	1	02297	Outer Adjusting Tube
5	2	08009	Flange Bearing .50 ID x .62 OD x .50 L
6	2	4000M218	Detent Pin
7	2	4107M066	Weight Stack Guide Rod
8	2	BS070201	Compression Spring
9	2	PR060005	Weight Bumper
10	2	GP000000	Pulley Assembly 4.50
11	6	GP000004	Pulley Spacer
12	3	GP000203	Pulley Center
13	1	GP000207	Pulley Assembly 6.0
14	1	HC662815	SHCS .312-18 x .75
15	6	HC700414	BHSCS .375-16 x .625
16	2	HN704000	Hex Nut .375-16
17	2	HN704901	Nylon Locknut .375-16
18	1	HS328300	Split Lockwasher .312
19	3	HS347700	Washer USS .375
20	2	JC782815	SHCS .50-13 x .75
21	2	JD383326	Shoulder Bolt .50 x 2.00 .375-16
22	2	JD383327	Shoulder Bolt .50 x 2.25 .375-16
23	1	JN714200	Hex Nut .375-24
24	1	JN714400	Jam Nut .375-24
25			Removed
26	14	JS388300	Split Lockwasher .50
27	4	PN660201	Hole Plug
28	2	PP080204	Plastic Cap .625 ID x .68 OD
29	2	PP460200	Plastic Knob .312-18
30	1	02283	Frame
31	12	HN784000	Hex Nut .50-13
32	2	JC780417	BHSCS .50-13 x 1.00
33	10	JC780420	BHSCS .50-13 x 1.25
34	1	HC661217	HHCS .312-18 x 1.00
35	1	PP090200	Plastic Insert 1.75 Sq x 11 G
36	2	HC700430	BHSCS .375-16 x 2.50
37	2	01190	Vinyl Black End Cap
38	1	02301	Arm
39	1	02319	Bearing Mount
40	2	4000-100	Pillow Block Bearing
41	4	HS387500	Washer USS .50
42	2	PP090201	Plastic Insert 2.00 Sq x 11 G
43	2	4700-019	Flange Bearing
44	1	4700-010	Top Weight Assembly
45	2	BR030206	Retaining Ring
46	4	HP286819	Spiral Pin 1.12 ID x .188 OD
47	1	02106	Half Weight Peg
48	1	4700M005	Rubber Cap
49	1	HS308300	Split Lockwasher .25
50	1	JC620415	BHSCS .25-20 x .75
51	19	4005C062	Stack Weight 4 x 12
52	2	JC700920	FHSCS .375-16 x 1.25
53	1	02303	Pulley Mount
54	1	4025P026	Cushion Mount
55	1	PR060003	Recess Bumper
56	1	HN664900	Nylon Locknut .312-18
57			Removed
58	1	4025S038-0	Back Cushion
59	1	5520S008-0	Seat Cushion
60	1	02320	Placard Decal
61	1	4000Y316	Caution Decal
62	1	02521	Warning Decal
63	1	4605-381	General Warning Decal
64	1	5310P044	Weight Selector Pin
65	2	PR400200	Grip
66	1	C-ZA000200	Half Weight
67	1	02225	Modular Screen (not shown)
68	1	4800-515	Weight Plate Decal
69	1	4116S072	Cable Subassembly 71.88
70	1	4000S118-0	Wear Cover



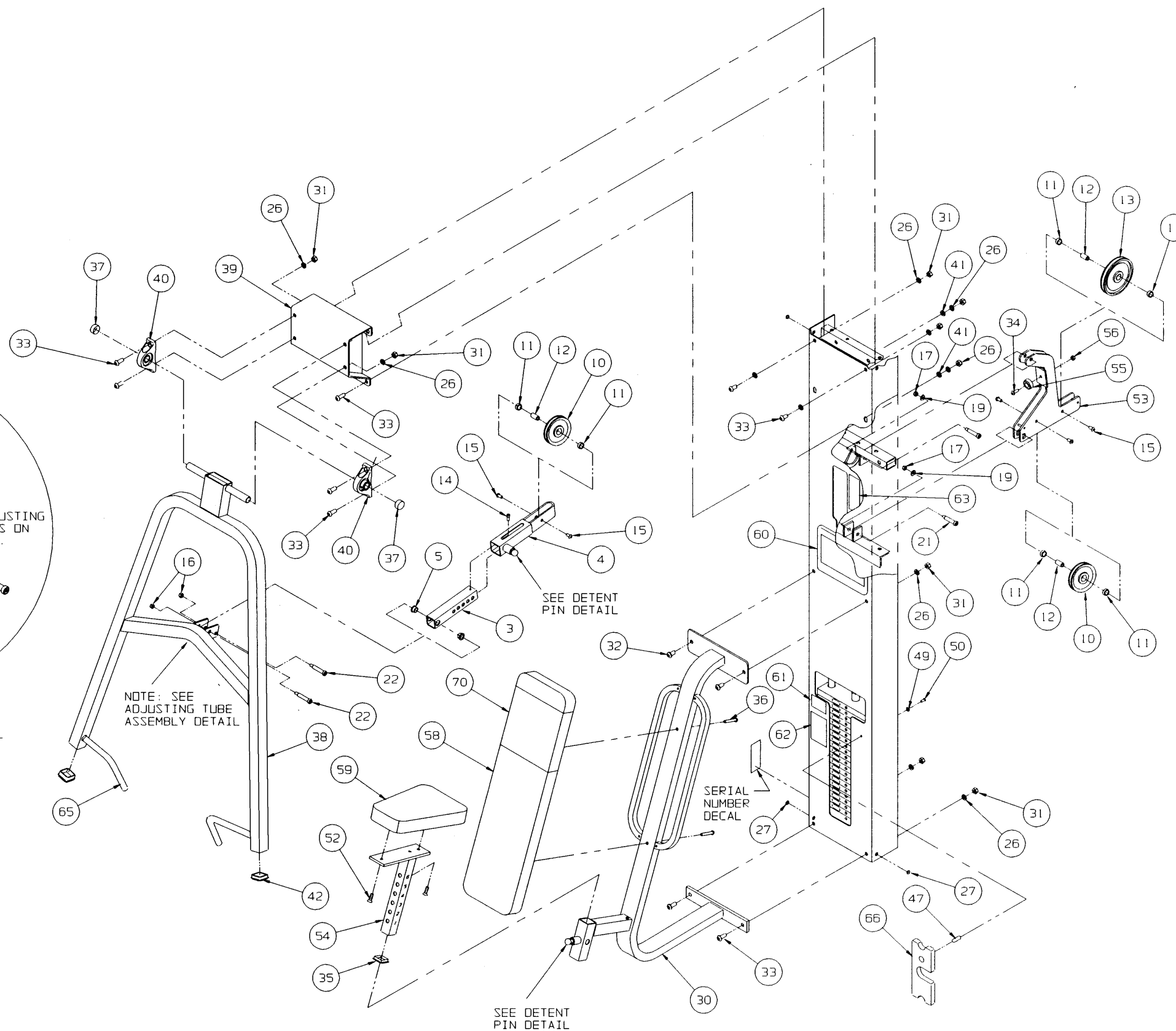
CABLE ROUTING DETAIL



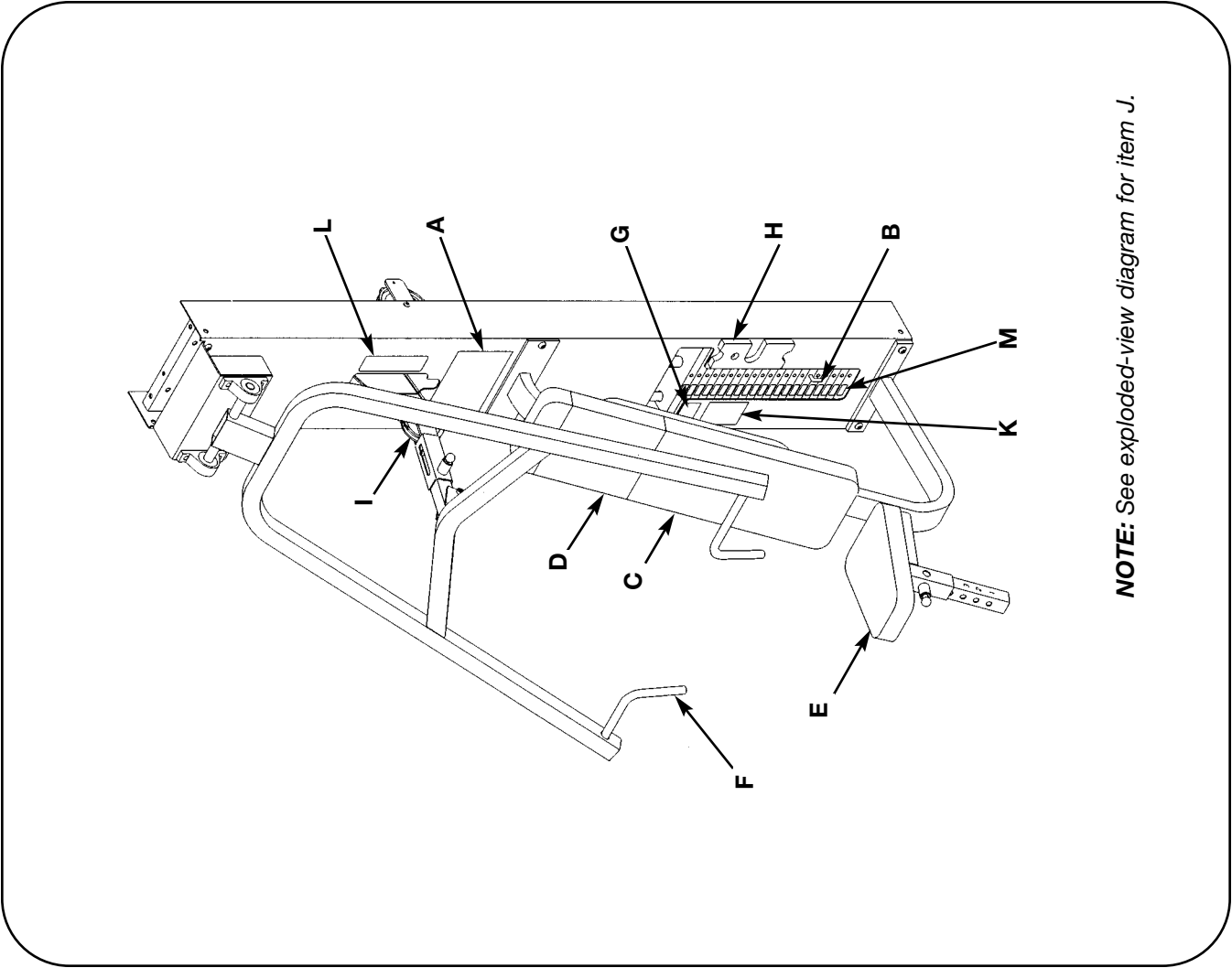
ADJUSTING TUBE
ASSEMBLY DETAIL



DETENT PIN DETAIL



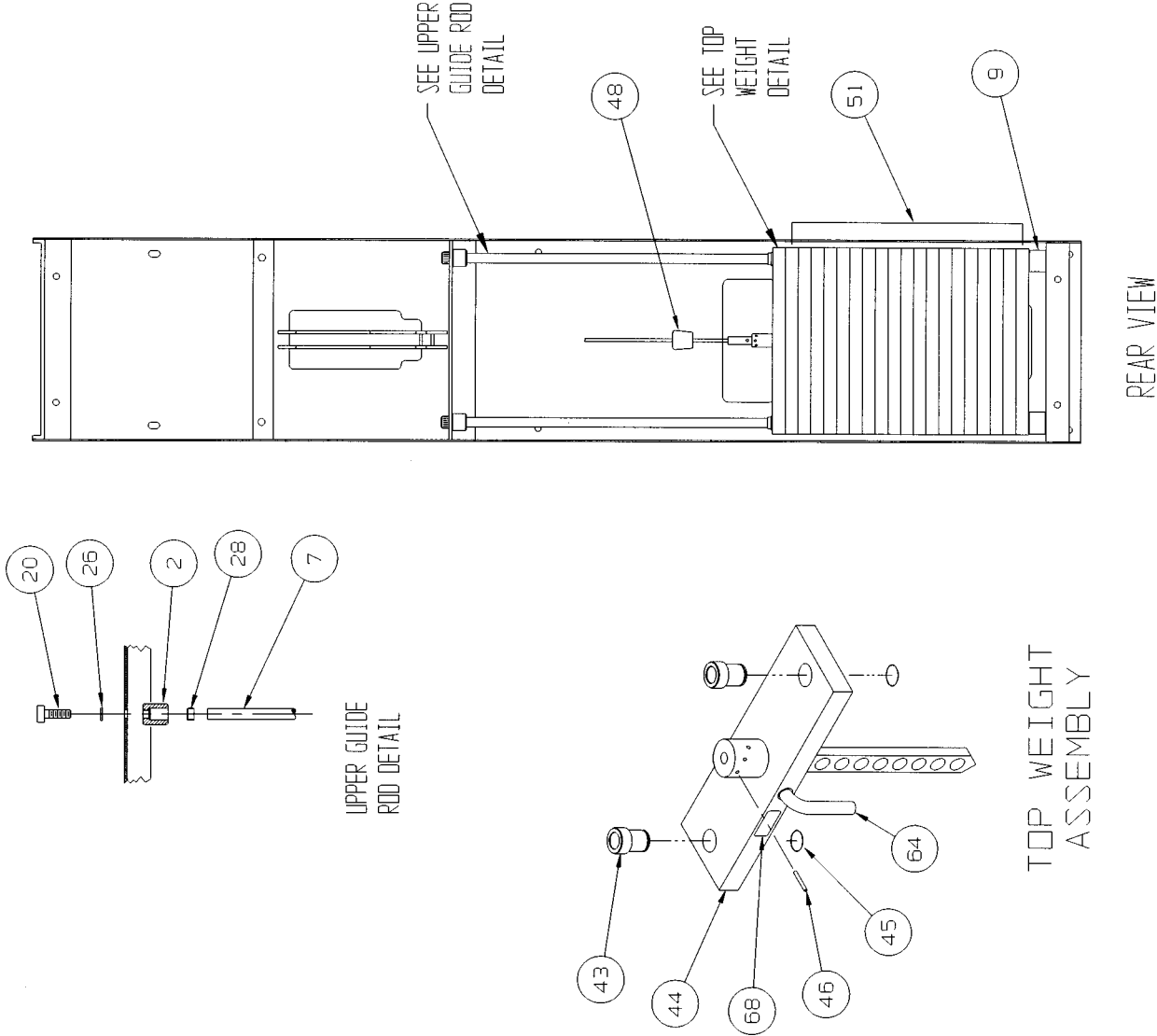
MODULAR CHEST PRESS



NOTE: See exploded-view diagram for item J.

DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Placard Decal.....	02320	G. Caution Decal	4000Y316
B. Weight Selector Pin	5310P044	H. Half Weight	C-ZA000200
C. Back Cushion With		I. Cable Subassembly.....	4116S072
Wear Cover (Item D)	4025S038-0	J. Serial Number Decal	
D. Wear Cover	4000S118-0	K. Warning Decal.....	02521
E. Seat Cushion	5520S008-0	L. General Warning Decal.....	4605-381
F. Hand Grip	PR400200	M. Weight Plate Decal.....	4800-515

Upholstery Hardware Pack..... 4015S098

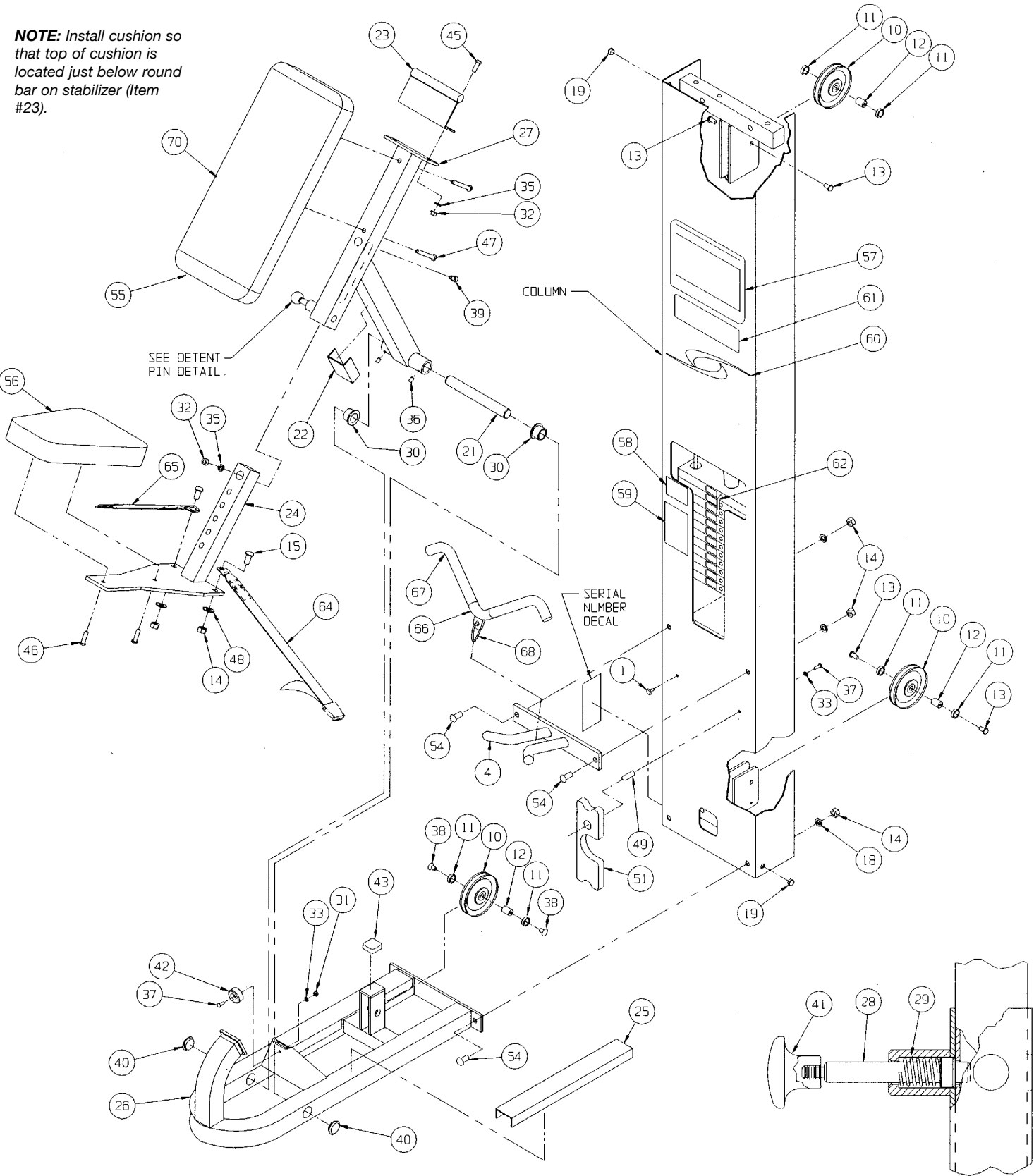


5641 - Tricep Extension

ITEM	QTY	PART NO.	DESCRIPTION
1			Removed
2	2	01439	Weight Stack Guide Rod
3	2	01755	Guide Rod Collet
4	1	02311	Bar Holder
5	2	BR030206	Retaining Ring
6	2	HP286819	Spiral Pin .
7	2	02330	Spacer
8	14	4700C089	Stack Weight 3 x 12
9	2	PR060005	Weight Bumper
10	3	GP000000	Pulley Assembly 4.50
11	6	GP000004	Pulley Spacer
12	3	GP000203	Pulley Center
13	4	HC700414	BHSCS .375-16 x .625
14	8	HN784000	Hex Nut .50-13
15	2	JC780417	BHSCS .50-13 x 1.00
16	2	JC782830	SHCS .50-13 x 2.50
17			Removed
18	6	JS388300	Split Lockwasher .50
19	4	PN660201	Hole Plug
20	2	PP080204	Plastic Cap .625 ID x .68 OD
21	1	01438	Upper Pivot Shaft
22	1	01441	Machined Bumper
23	1	02306	Stabilizer
24	1	02308	Adjusting Post
25	2	02309	Bumper
26	1	02317	Base Frame
27	1	02325	Seat Weldment
28	1	2450M930	Detent Pin
29	1	BS070201	Compression Spring
30	2	FB050209	Flange Bearing
31	1	HN624100	Hex Nut .25-20
32	3	HN704000	Hex Nut .375-16
33	2	HS308300	Split Lockwasher .25
34			Removed
35	3	HS348300	Split Lockwasher .375
36	2	HY662912	Set Screw .312-18 x .50
37	2	JC620415	BHSCS .25-20 x .75
38	2	JC700914	FHSCS .375-16 x .62
39	1	JC702814	SHCS .375-16 x .625
40	2	PP080202	Plastic Insert 1.19 Dia. X 11 G
41	1	PP460200	Plastic Knob .312-18
42	1	PR060003	Recess Bumper
43	1	PU060200	Bumper
44	1	02224	Modular Screen (not shown)
45	2	HC700417	BHSCS .375-16 x 1.00
46	2	JC700420	BHSCS .375-16 x 1.25
47	2	JC700434	BHSCS .375-16 x 3.00
48	2	JS387400	Internal Tooth Lockwasher .50
49	1	02106	Half Weight Peg
50	2	4700-019	Flange Bearing

ITEM	QTY	PART NO.	DESCRIPTION
51	1	4301C096	Half Weight 3 x 12
52	1	4700-016	Top Weight Assembly
53	1	4700M005	Rubber Cap
54	4	JC780420	BHSCS .50-13 x 1.25
55	1	02329-0	Back Cushion
56	1	5520S008-0	Seat Cushion
57	1	02323	Placard Decal
58	1	4000Y316	Caution Decal
59	1	02521	Warning Decal
60	1	3900-426	Vortex Decal
61	1	4800-381	General Warning Decal
62	1	5310P044	Weight Selector Pin
63	1	02315	Cable Subassembly
64	1	405UB050	Seat Belt (Buckle Half)
65	1	405UB051	Seat Belt (Connector Half)
66	1	51013	Cambered Handle
67	2	4055M028	Foam Grip
68	1	GQ000206	Snap Link
69	1	4800-515	Weight Plate Decal
70	1	01458	Wear Cover
71	2	HS760106	Flat Washer 1.75 OD .69 ID .14

NOTE: Install cushion so that top of cushion is located just below round bar on stabilizer (Item #23).



Assembly Notes

- Keep all shipping packages near area of installation.
Standard shipping items include:
 - Tricep Extension Column Assembly - 5641-9x
 - Tricep Extension Package - 5641-50
 - Tricep Extension Cushion Box Assembly - 5641-0
 - Top Weight Package (15-3 x 12, black) - 4700-016
 - Weight Pack (3 x 12, black) - 4700S110**NOTE:** x denotes specific color
- Follow assembly guidelines listed on the 5600 Modular Center Post or the 5629 Tandem Center Post Assembly & Parts instruction sheet.

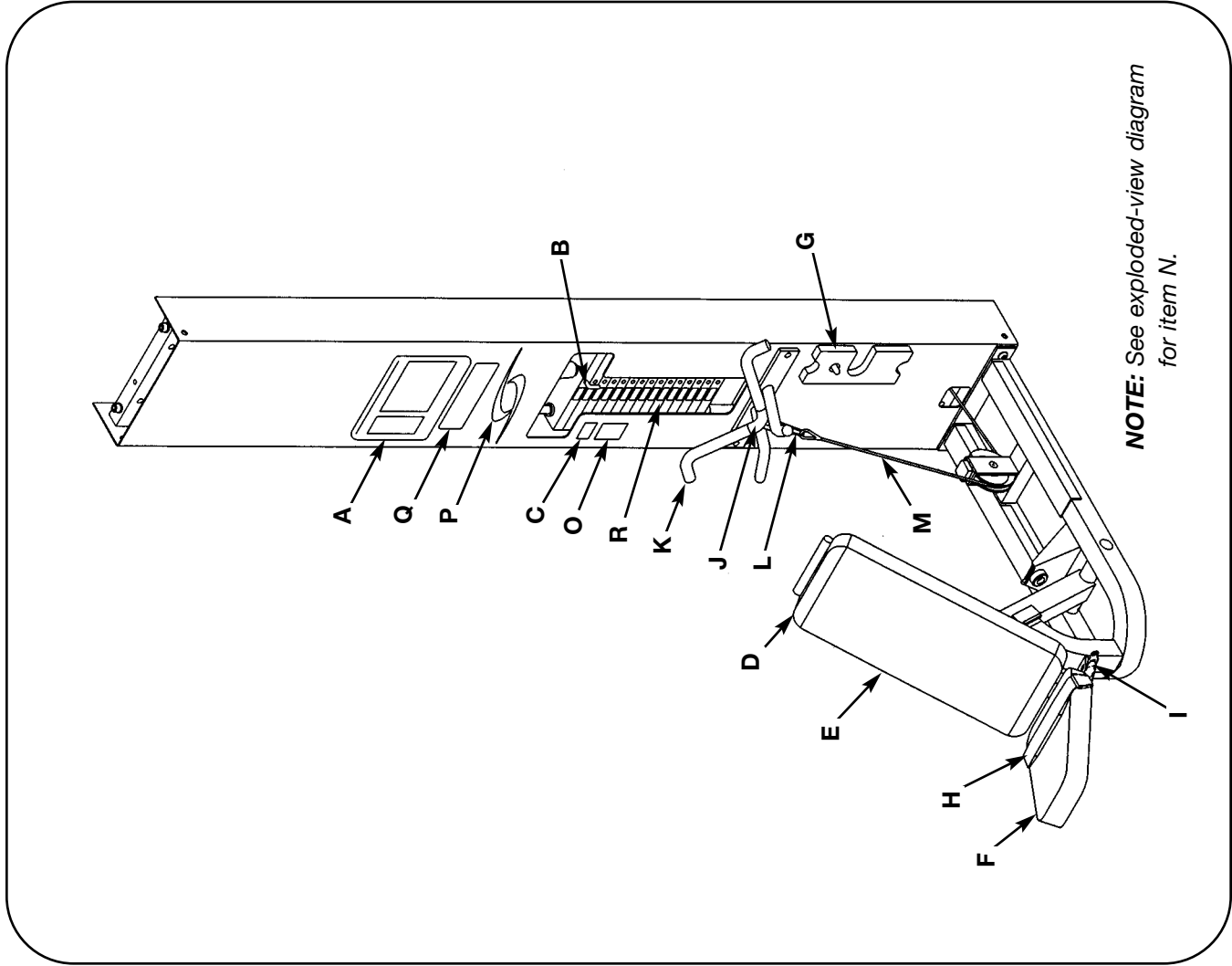
NOTE: This machine shipped with an Owner's Manual. Additional copies can be obtained by contacting your dealer or a Cybex Representative at 1-888-462-9239.

CABLE ROUTING

MODULAR TRICEP EXTENSION

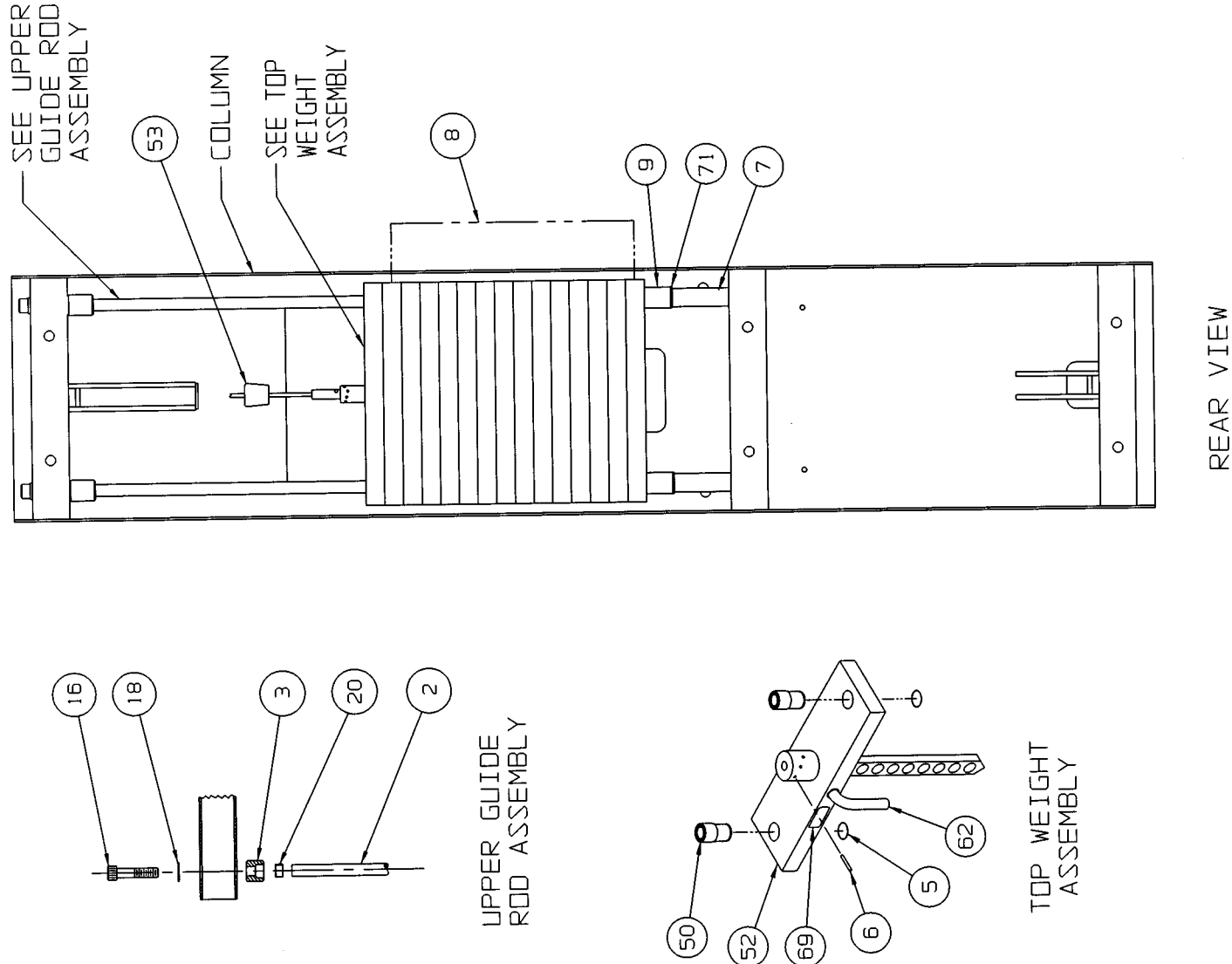
5641

ASSEMBLY & PARTS



DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Placard Decal.....	02323	I. Lap Belt (Connector Half).....	405UB051
B. Weight Selector Pin	5310P044	J. Cambered Handle.....	02203
C. Caution Decal	4000Y316	K. Foam Grip	4055M028
D. Back Cushion With Wear Cover (Item E).....	02329-0	L. Snap Link.....	GQ000206
E. Wear Cover.....	01458	M. Cable Subassembly	02315
F. Seat Cushion	4015S073-0	N. Serial Number Decal	
G. Half Weight	4301C096	O. Warning Decal.....	02521
H. Lap Belt (Buckle Half)	405UB050	P. Vortex Decal	3900-426
		Q. General Warning Decal.....	4800-381
		R. Weight Plate Decal	4800-515

Upholstery Hardware Pack 02316



5644 - Arm Curl

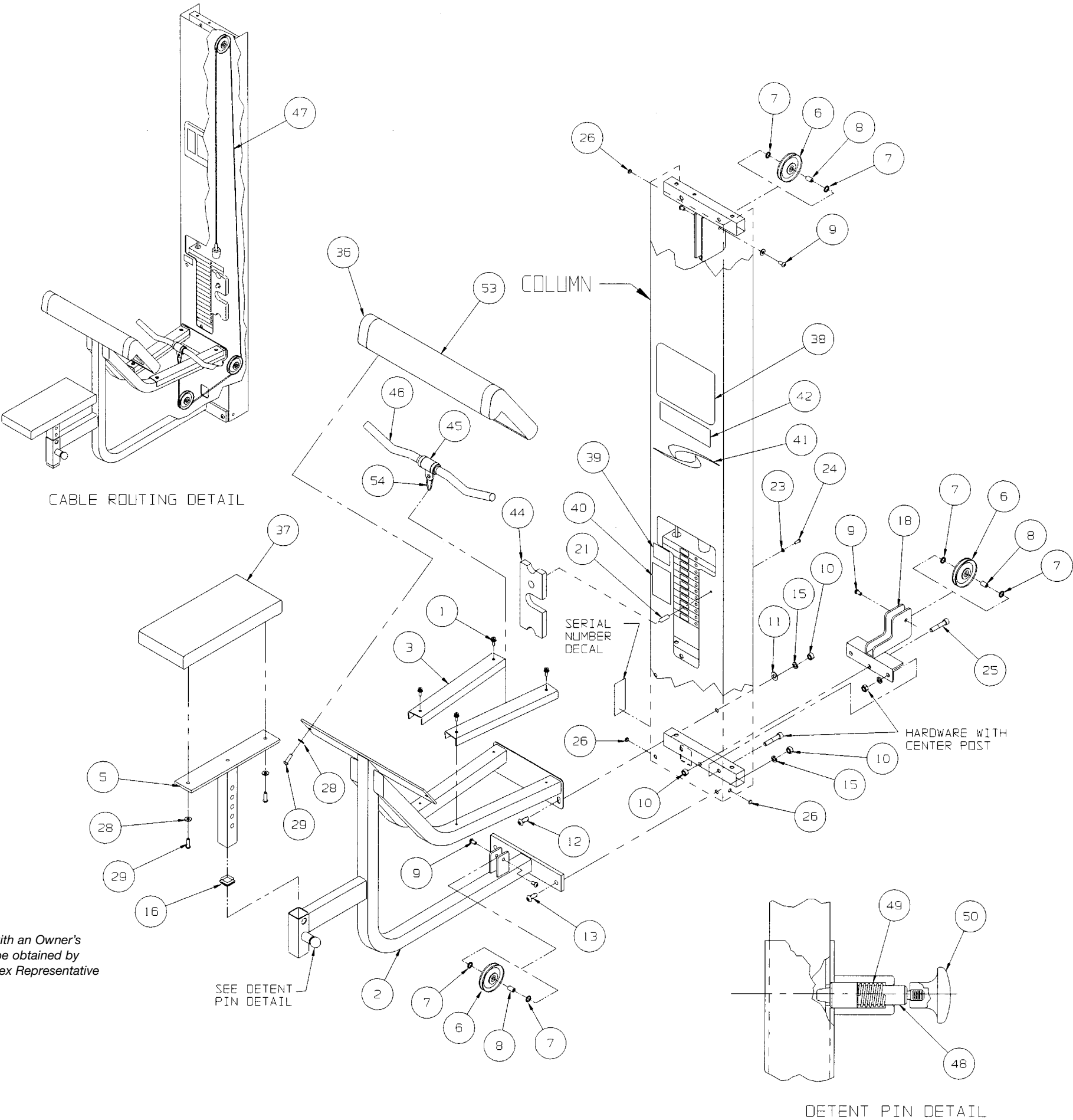
ITEM	QTY	PART NO.	DESCRIPTION
1	4	01066	Plastic Fastener
2	1	02489	Frame
3	2	02490	Bumper
4			Removed
5	1	5460P022	Cushion Mount
6	3	GP000000	Pulley Assembly 4.50
7	6	GP000004	Pulley Spacer
8	3	GP000203	Pulley Center
9	6	HC700414	BHSCS .375-16 x .625
10	5	HN784000	Hex Nut .50-13
11	2	HS387700	Washer SAE .50
12	2	JC780417	BHSCS .50-13 x 1.00
13	2	JC780420	BHSCS .50-13 x 1.25
14			Removed
15	6	JS388300	Split Lockwasher .50
16	1	PP090200	Plastic Insert 1.75 Sq x 11 G
17			Removed
18	1	01247	Pulley Mount
19	2	01521	Weight Stack Guide Rod
20	2	01755	Guide Rod Collet
21	1	02106	Half Weight Peg
22	2	PR060005	Weight Bumper
23	1	HS308300	Split Lockwasher .25
24	1	JC620415	BHSCS .25-20 x .75
25	3	JC782830	SHCS .50-13 x 2.50
26	4	PN660201	Hole Plug
27	2	PP080204	Plastic Cap .625 ID x .68 OD
28	4	HS347600	Washer SAE .375
29	4	JC700420	BHSCS .375-16 x 1.25
30	2	4700-019	Flange Bearing
31	1	4700-016	Top Weight Assembly
32	1	4700M005	Rubber Cap
33	2	BR030206	Retaining Ring
34	1	HP286819	Spiral Pin
35	14	4700C089	Stack Weight 3 x 12
36	1	01216	Arm Cushion
37	1	4800-024	Seat Cushion
38	1	02493	Placard
39	1	4000Y316	Caution Decal
40	1	02521	Warning Decal
41	1	3900-426	Vortex Decal
42	1	4800-381	General Warning Decal
43	1	5310P044	Weight Selector Pin
44	1	4301C096	Half Weight
45	1	02199	Handle
46	1	02205	Grip
47	1	02492	Cable Subassembly
48	1	4000M218	Detent Pin
49	1	BS070201	Com Spring
50	1	PP460200	Plastic Knob
51	1	02224	Modular Screen (not shown)
52	1	4800-515	Weight Plate Decal
53	1	5460S013-0	Wear Cover
54	1	GQ000206	Snap Link

Assembly Notes

1. Keep all shipping packages near area of installation.
- Standard shipping items include:
 - Arm Curl Column Assembly - 5644-9x
 - Arm Curl Package - 5644-50
 - Cushion Box Assembly - 5460A020-0
 - Top Weight Package (15 - 3 x 12, black) - 4700-016
 - Weight Pack (3 x 12, black) - 4700S110
- NOTE:** x denotes specific color

2. Follow assembly guidelines listed on the 5600 Modular Center Post or the 5629 Tandem Center Post Assembly & Parts instruction sheet.

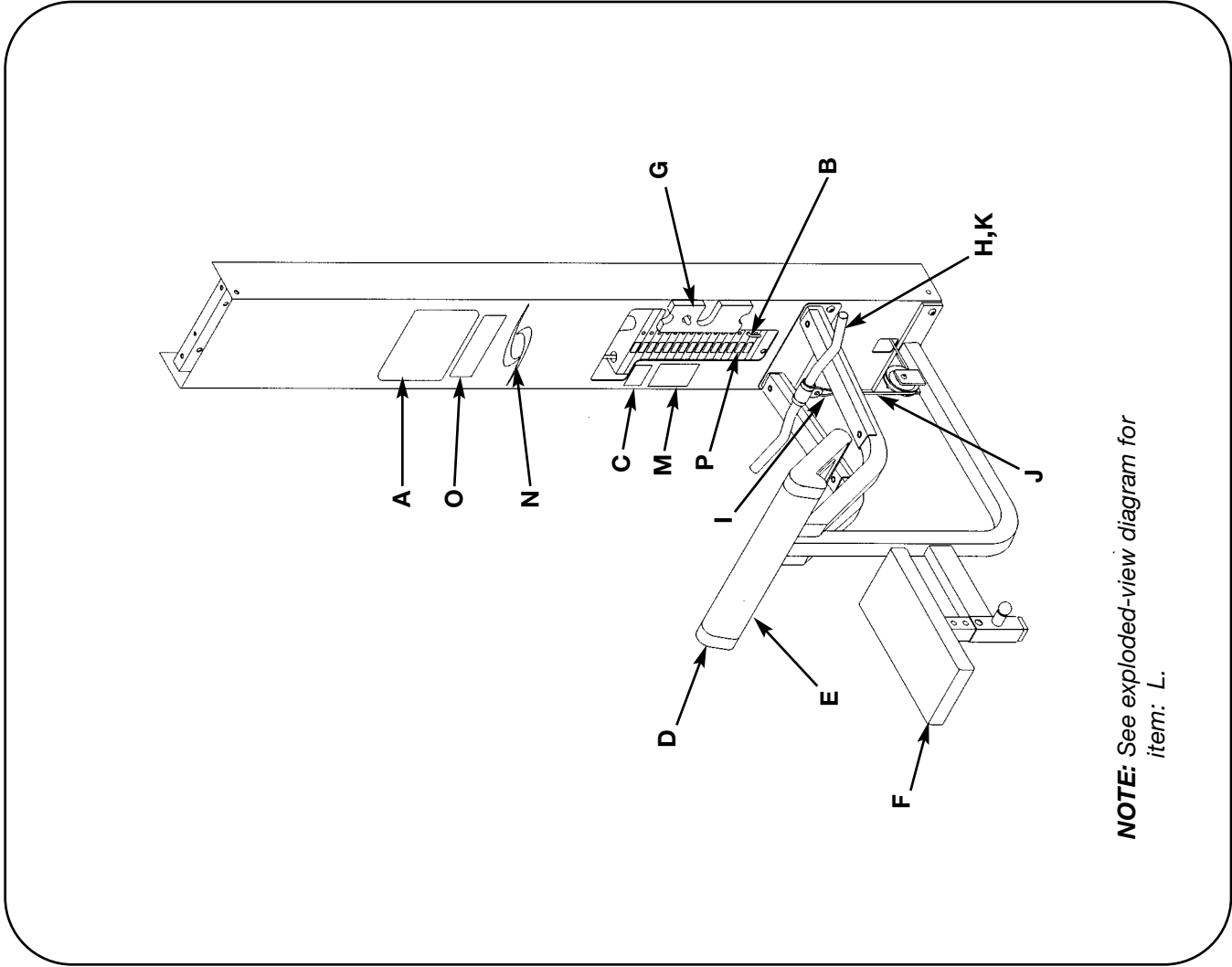
NOTE: This machine shipped with an Owner's Manual. Additional copies can be obtained by contacting your dealer or a Cybex Representative at 1-888-462-9239.



MODULAR ARM CURL

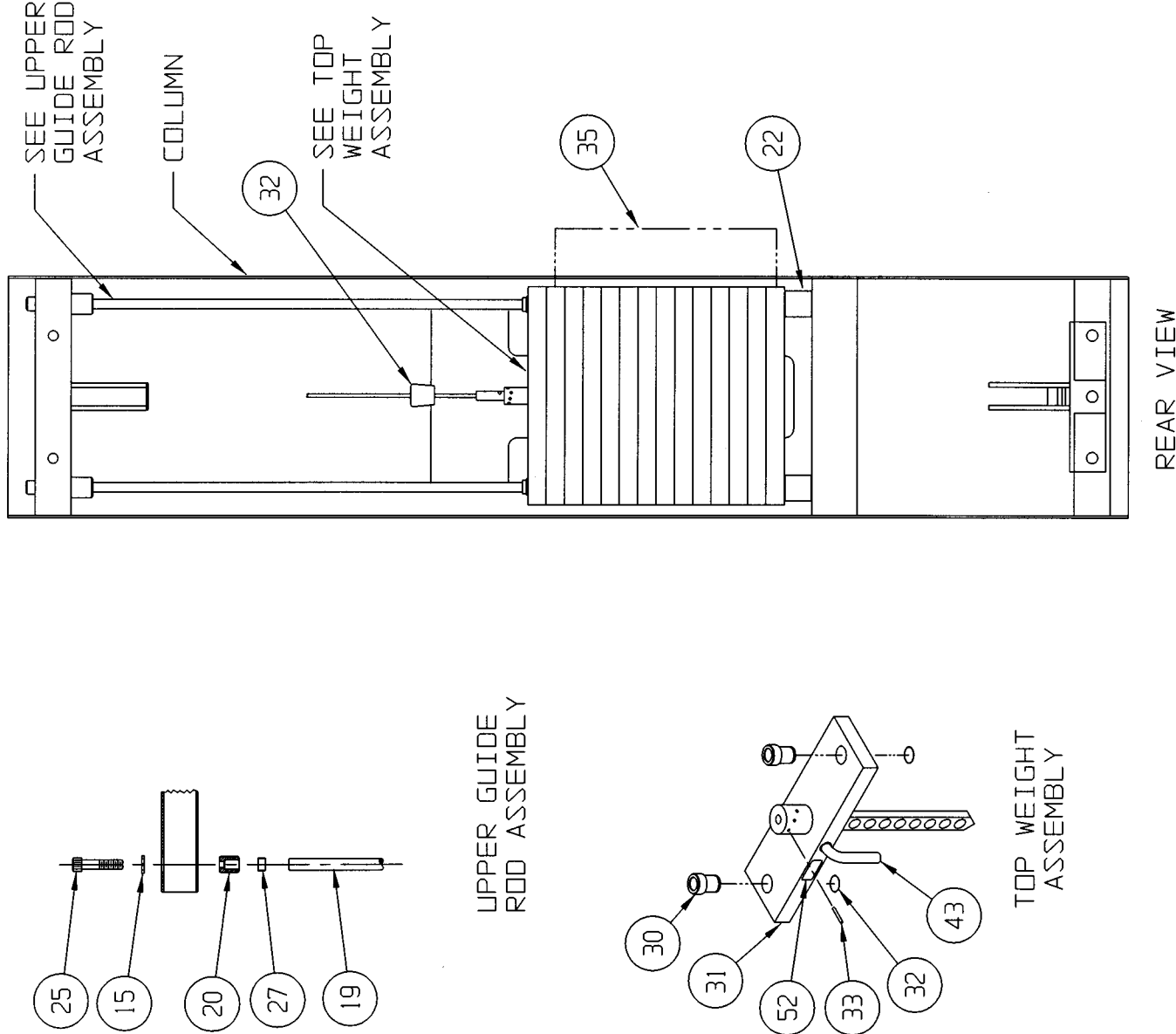
5644

ASSEMBLY & PARTS



DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Placard Decal.....	02493	I. Snap Link.....	GQ000206
B. Weight Selector Pin	5310P044	J. Cable Subassembly	02492
C. Caution Decal	4000Y316	K. Foam Grip	02205
D. Arm Cushion With Wear Cover (Item E).....	01216	L. Serial Number Decal	
E. Wear Cover	5460S013-0	M. Warning Decal.....	02521
F. Seat Cushion	4800-024	N. Vortex Decal.....	3900-426
G. Half Weight	4301C096	O. General Warning Decal.....	4800-381
H. Handle Subassembly.....	02199	P. Weight Plate Decal	4800-515

Upholstery Hardware Pack 5460S014



5302 and 5651 - Low Row

ITEM	QTY	PART NO.	DESCRIPTION
1	1	01247	Pulley Mount
2	1	4800-250	Top Weight Assembly
3	2	4700-019	Brg Flg .62 x .92 x 1.50 L
4	2	BR030206	Retaining Ring
5	2	01439	Weight Rod .625 Dia. x 65.31
6	2	01755	Guide Rod Collet-Long
7	4	08014	Pulley
8	1	HP286819	Spiral Pin
9	1	4106S055-0	Seat Cushion
•10	1	5302-51	Base Package
11	1	PP090000	Plastic Insert
12	1	4700M005	Rubber Boot
13	1	4800-570	Cable Guard
•14	2	5310P044	Weight Select Pin
•15	1	5301-201	Back Cover
•16	2	5301-310	Pulley Guard
•17	2	5301-311	Stop
18	1	02106	Half Weight Peg
19	1	HS308300	Split Lockwasher .25
20	1	JC620415	BHSCS .25-20 x .75
21	1	C-ZA00200	Half Weight
22	19	4005C062	Weight Plate 4.00 x 12.00
•23	2	PP080202	Plastic Insert, 1.19 Dia.-11 G
•24	2	PU060201	Bumper
25	1	5651-50	Low Row Frame
26	1	5651-002	Cable
27	1	02521	Caution Decal
28	1	3900-426	Vortex Decal 11.37 Grey
29	1	3900-378	Cybox Decal 11.37 Vert. Wht/Plm
29	1	3900-391	Cybox Decal 11.37 Vert. Blk/Plm
29	1	3900-419	Cybox Decal 11.37 Vert. Wht/Wht
30	1	4000Y316	Caution Decal
31	1	4800-381	Warning Decal
32	1	4800-515	Weight Plate Decal
33	1	5651-598	Placard Decal
34	2	PR060005	Weight Bumper
35	2	8630-321	Non-Slip
36	2	HC700430	BHSCS .375-16 x 2.50
37	4	HN704901	Nylon Locknut, .375-16
•38	12	HN784000	Hex Nut .50-13
39	2	JC700420	BHSCS .375-16 x 1.25
40	2	JC700424	BHSCS .375-16 x 1.75
•41	4	JC780417	BHSCS .50-13 x 1.00
42	4	JC780420	BHSCS .50-13 x 1.25
43	5	JC782830	SHCS .50-13 x 2.50
•44	1	JC782836	SHCS .50-13 x 3.25
•45	13	JS388300	Split Lockwasher .50
46	2	PP080204	Plastic Cap .625 ID x .68 OD
47	4	PP080225	Plastic Insert 1.50-8 12 G
48	1	GQ000206	Snap Link
49	1	51081	Handle Subassembly
50		Removed 10/28/08	
51	2	HS347600	Washer .375
•52	4	PN660201	Hole Plug

• Not used in all configurations. Quantities will vary depending upon type of configuration.

Assembly Notes (5302 and 5651)

1. Install unit in area where it will be used. Keep all shipping packages near area of installation. Standard items include:

Shipping Package	Model Configuration - 5302	5651
Base Package - 5302-51	1	X
Low Row Assembly - 5302-001	1	X
Low Row Assembly - 5651-001	X	1
Low Row Frame - 5651-50	1	1
Top Weight Package - 4700-010	1	1
Weight Package - 4700S040	1	1
Weight Package - 4700S043	1	1
Cushion Set - 5603-00	1	1

NOTE: For tandem and quad (modular) configurations, follow assembly guidelines listed on either the 5600 Modular Center Post Assembly & Parts instruction sheet or the 5629 Tandem Center Post Assembly & Parts instruction sheet. Also refer to all steps listed below.

2. Read and understand instructions thoroughly before assembling the Low Row. Refer to the exploded-view diagram and parts list when assembling the Low Row.

3. Remove back cover (item #15). Remove pin (item #14) securing cover at the top end, and lift out.

4. Install Pulley mount (item #1).

5. Install column (item #22) to base (item #10). **NOTE:** 5651 configuration does not have a base (item #10) or back cover (item #15).

6. Install frame (item #25) to column (item #22).

7. Install half weight peg (item #18).

8. Install seat cushion, for normal usage use front holes as shown.

9. Install weight stack and top weight.

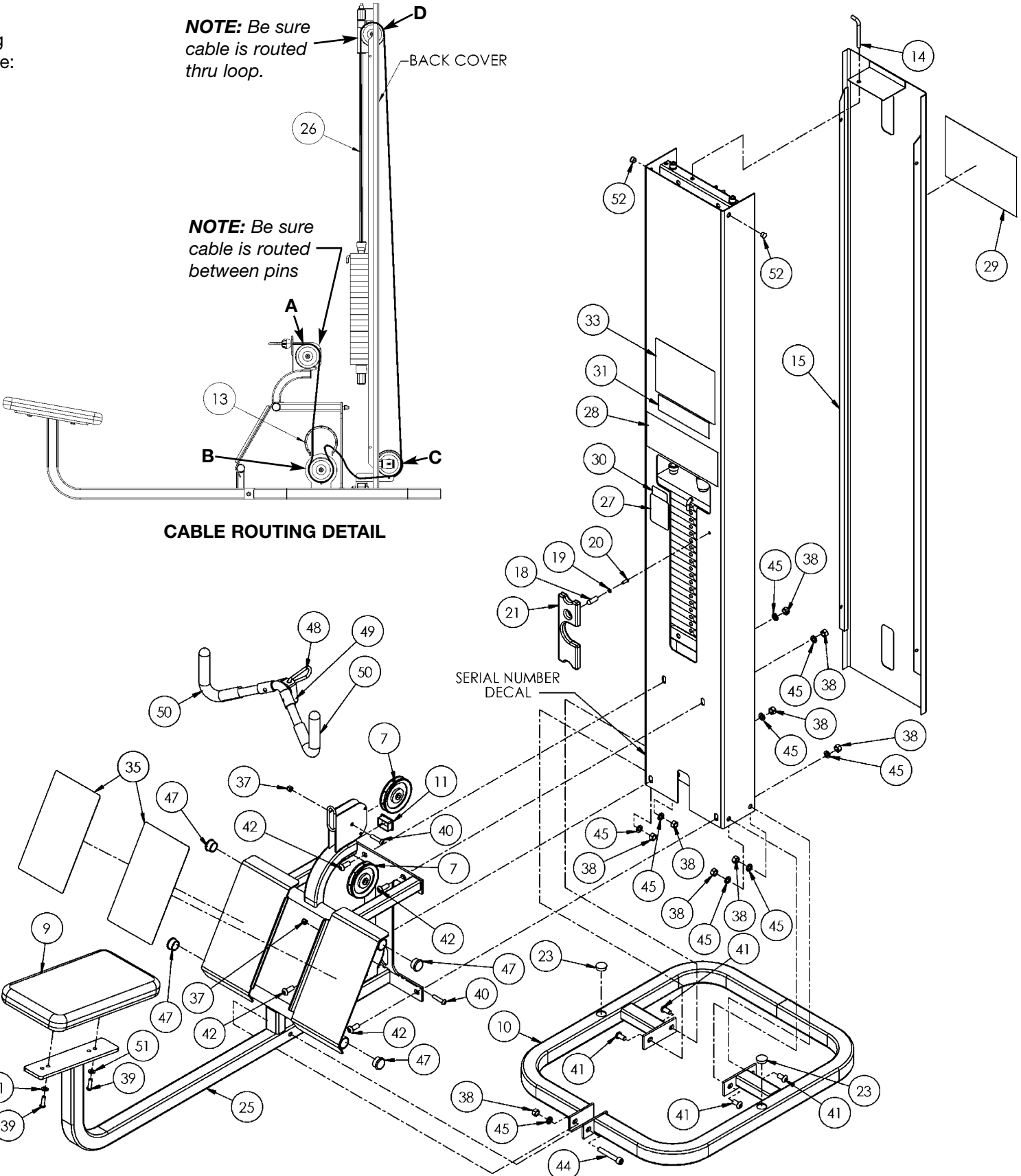
10. Tighten all hardware.

11. Install rear cover (item #15) if applicable.

12. Route cable as shown in the Cable Routing Detail diagram. **NOTE:** Pulley "D" must be installed with the rear cover open. Pulley "C" installed with guards (item #16) and stop (item #17) to hold rear cover in place.

13. Adjust cable for one inch of free play.

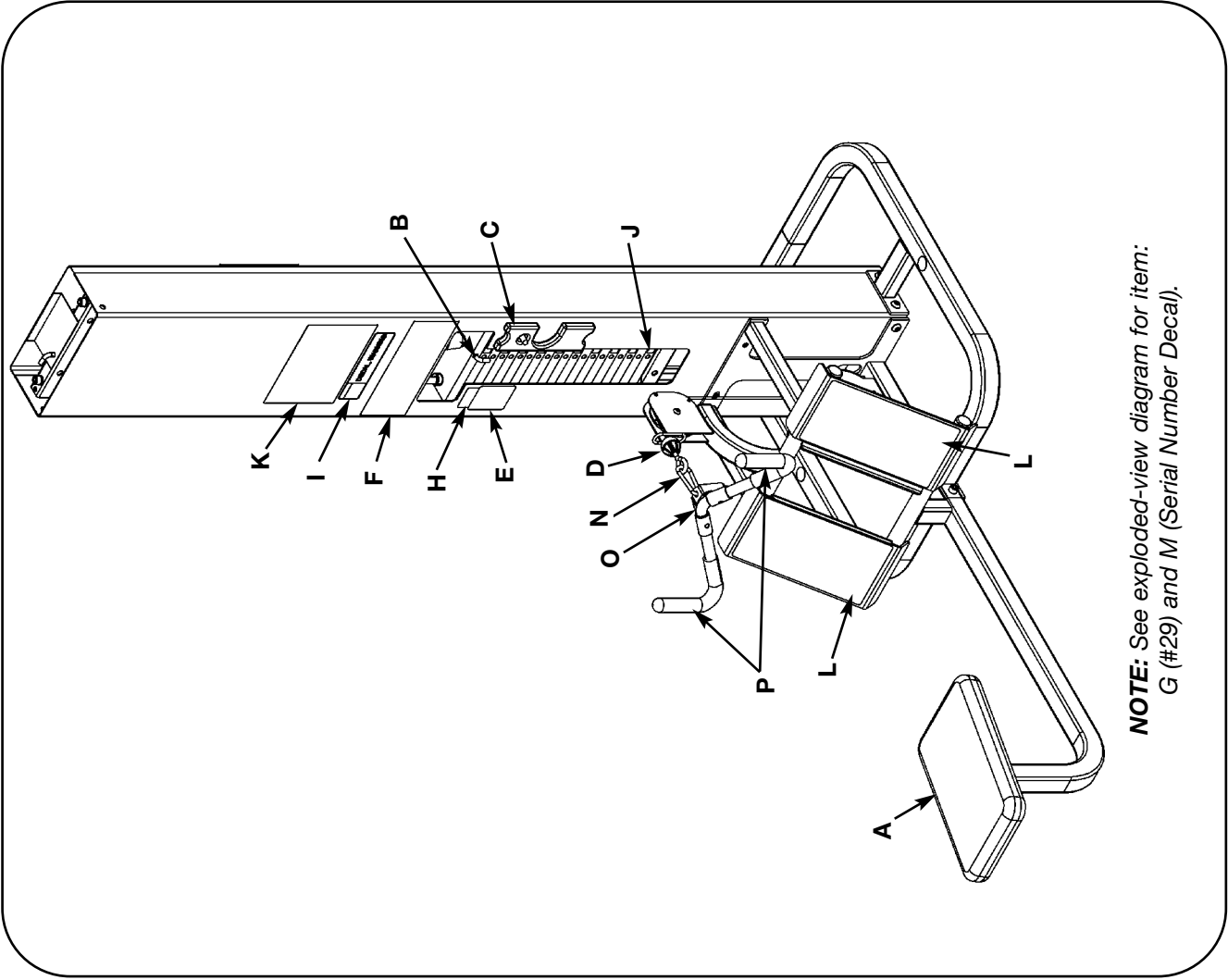
NOTE: This machine shipped with an Owner's Manual. Additional copies can be obtained by contacting your dealer or a Cybex Representative at 1-888-462-9239.



LOW ROW

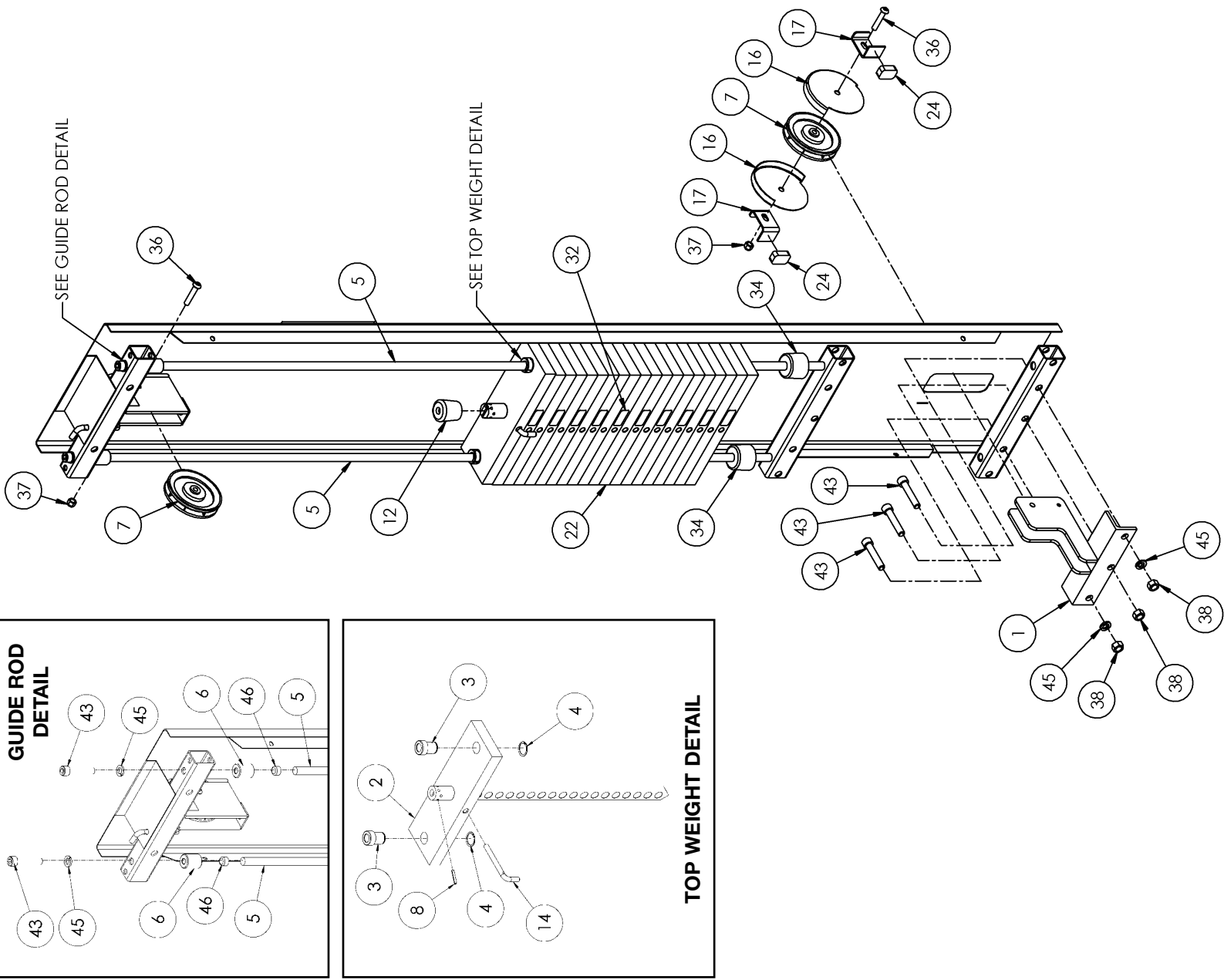
5302, 5651

ASSEMBLY & PARTS



NOTE: See exploded-view diagram for item:
G (#29) and M (Serial Number Decal).

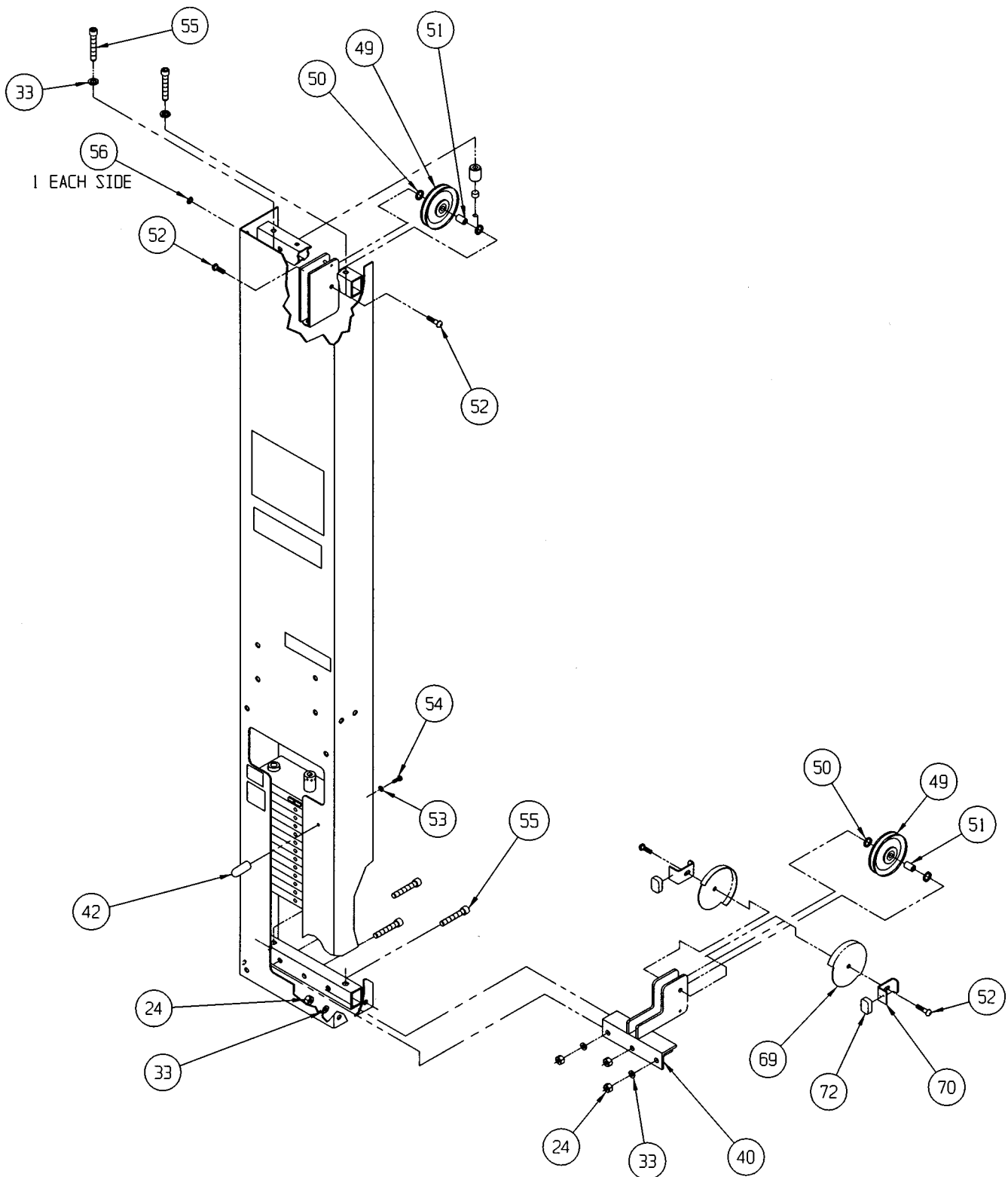
DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Seat Cushion	4106S055-0	H. Caution Decal	4000Y316
B. Weight Selector Pin	5310P044	I. Warning Decal	4800-381
C. Half Weight	C-ZA00200	J. Weight Plate Decal	4800-515
D. Cable Subassembly	5651-002	K. Placard Decal	5651-598
E. Caution Decal	02521	L. Non-Slip	8630-321
F. Vortex Decal	3900-426	M. Serial Number Decal	
G. Cybex Decal Wht/Plm	3900-378	N. Snap Link	GQ000206
G. Cybex Decal Blk/Plm	3900-391	O. Handle Subassembly	8610-206
G. Cybex Decal Wht/Wht	3900-419	P. Grip	51081



MODULAR PRESSING STATION

5647 AND 5306

ASSEMBLY & PARTS



MODULAR CONFIGURATION

5647 - Modular Pressing Station & 5306 - Free Standing Pressing Station

ITEM	QTY	PART NO.	DESCRIPTION
1	2	01190	Black Vinyl End Cap
2	2	01470	Pulley Guard
3	2	08014	Pulley Assembly 4.50
4	1	01872	Cybex Knob
5	1	4505-329	Detent Pin
6	2	08301	Hand Grip 6.00 L
7	2	4000-100	Pillow Block Bearing
8	4	4000Y316	Caution Decal
9	1	4800-570	Cable Guard
10	1	5305-002	Cable Subassembly
11	1	5305-201	Platform
12	1	5305-202	Bar Stop
13	1	5305-203	Link
14	1	5305-204	Arm
15	1	5305-305	Pivot Shaft
16	1	5305-310S	Brace Tube Set
17	1	BS070201	Com Spring .56 x .66 x 1.50 L
18	1	FB030213	Female Rod End Bearing .375-24
19	2	FB030212	Flange Bearing .75 x .88 x .75 L
20	2	HC700415	BHSCS .375-16 x .75
21	4	HC700417	BHSCS .375-16 x 1.00
22	1	HC702828	SHCS .375-16 x 2.25
23	7	HN704901	Nylon Locknut .375-16
24	16	HN784000	Hex Nut .50-13
25	2	HN784900	Nylon Locknut .50-13
26	2	HS347700	USS Washer .375
27	1	JC700420	BHSCS .375-16 x 1.25
28	1	JC702824	SHCS .375-16 x 1.75
29	8	JC780417	BHSCS .50-13 x 1.00
30	2	JC780420	BHSCS .50-13 x 1.25
31	4	JC780422	BHSCS .50-13 x 1.50
32	1	JN714400	Jam Nut .375-24
33	10	JS388300	Split Lockwasher .50
34	6	PP080202	Plastic Insert 1.19 Dia. x 11 G
35	1	PP080222	Vinyl End Cap .50 x .50
36	2	PP090206	Plastic Insert
37	5	PP090210	Plastic Insert 2.00 Sq x 10-14 G
38	1	PU060203	Bumper
39	2	01239	Weight Stack Spacer
40	1	01247	Pulley Mount
41	2	01755	Guide Rod Collet
42	1	02106	Half Weight Peg
43	1	02521	Caution Decal
44	1	3900-426	Vortex Decal
45	1	4800-381	Warning Decal
46	1	5305-598	Placard Decal
47	2	5310M035	Weight Stack Guide Rod
48	2	PR060005	Weight Bumper
49	2	GP000000	Pulley Assembly 4.50
50	4	GP000004	Pulley Spacer
51	2	GP000203	Pulley Center
52	4	HC700414	BHSCS .375-16 x .62
53	1	HS308300	Split Lockwasher .25
54	1	JC620415	BHSCS .25-20 x .75
55	5	JC782830	SHCS .50-13 x 2.50
56	4	PN660201	Hole Plug
57	2	PP080204	Plastic Cap .625 ID x .68 OD
58	1	4700-010	Top Weight Assembly
59	2	4700-019	Flange Bearing
60	2	BR030206	Retaining Ring
61	1	HP286819	Spiral Pin
62	1	4700M005	Rubber Cap
63	19	4005C062	Stack Weight
64	1	5310P044	Weight Selector Pin
65			Removed
66	1	3900-378	Cybex Decal 11.37 Vert. Wht/Plm
66	1	3900-391	Cybex Decal 11.37 Vert. Blk/Plm
66	1	3900-419	Cybex Decal 11.37 Vert. Wht/Wht
67	1	5301-200	Base
68	1	5301-201	Cover
69	2	5301-310	Pulley Guard
70	2	5301-311	Stop

ITEM	QTY	PART NO.	DESCRIPTION
71	1	JC782836	SHCS .50-13 x 3.25
72	2	PU060201	Bumper
73	1	4800-515	Weight Plate Decal
74	2	HS760106	Flat Washer 1.75 OD .69 ID .14 T
75			Removed
76	1	C-ZA000200	Half Weight

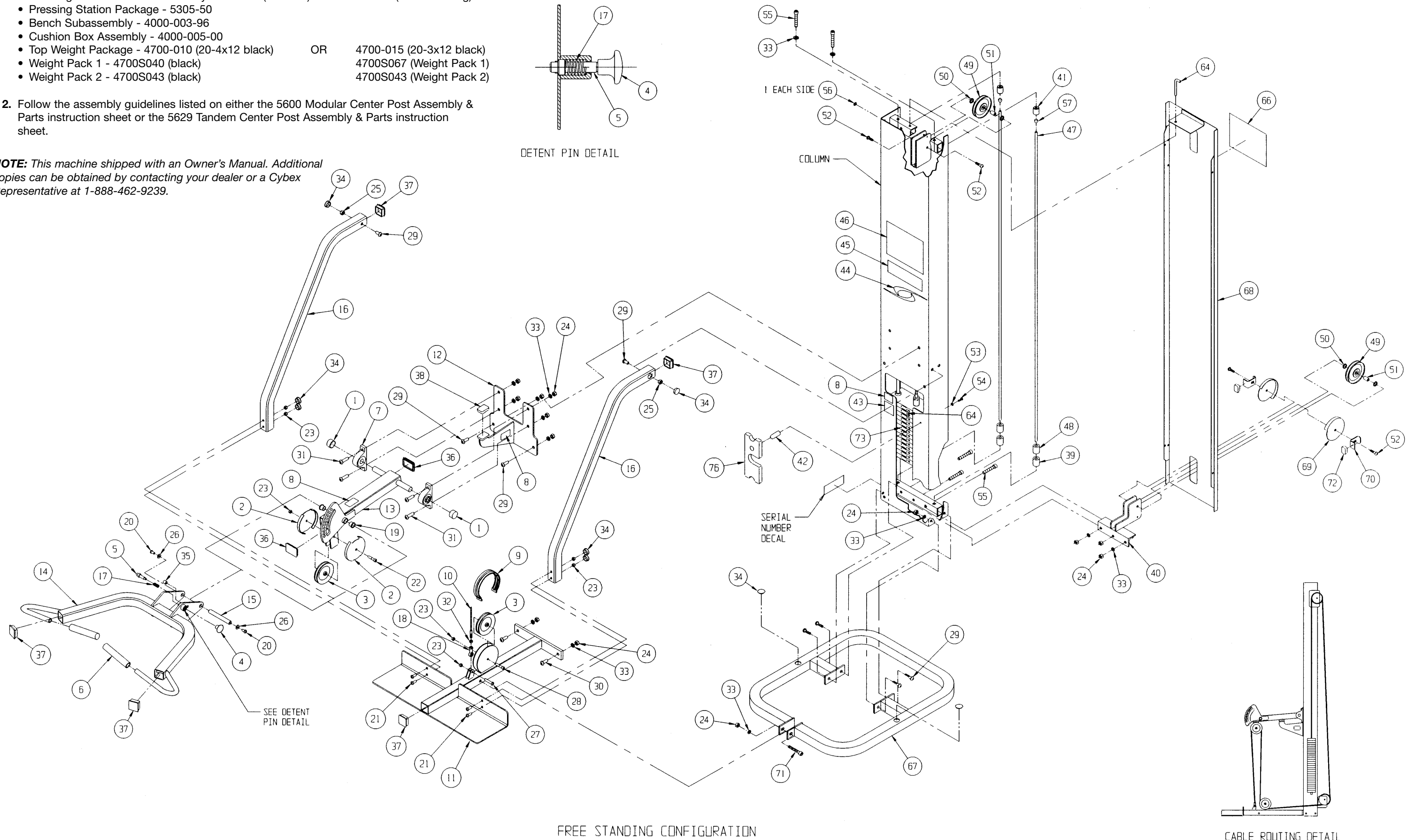
Assembly Notes

1. Keep all shipping packages near area of installation. Standard items include:

- Pressing Station Column Assembly - 5647-9x (Modular) or 5305-001-9x (Free Standing)
- Pressing Station Package - 5305-50
- Bench Subassembly - 4000-003-96
- Cushion Box Assembly - 4000-005-00
- Top Weight Package - 4700-010 (20-4x12 black) OR 4700-015 (20-3x12 black)
- Weight Pack 1 - 4700S040 (black) 4700S067 (Weight Pack 1)
- Weight Pack 2 - 4700S043 (black) 4700S043 (Weight Pack 2)

2. Follow the assembly guidelines listed on either the 5600 Modular Center Post Assembly & Parts instruction sheet or the 5629 Tandem Center Post Assembly & Parts instruction sheet.

NOTE: This machine shipped with an Owner's Manual. Additional copies can be obtained by contacting your dealer or a Cybex Representative at 1-888-462-9239.

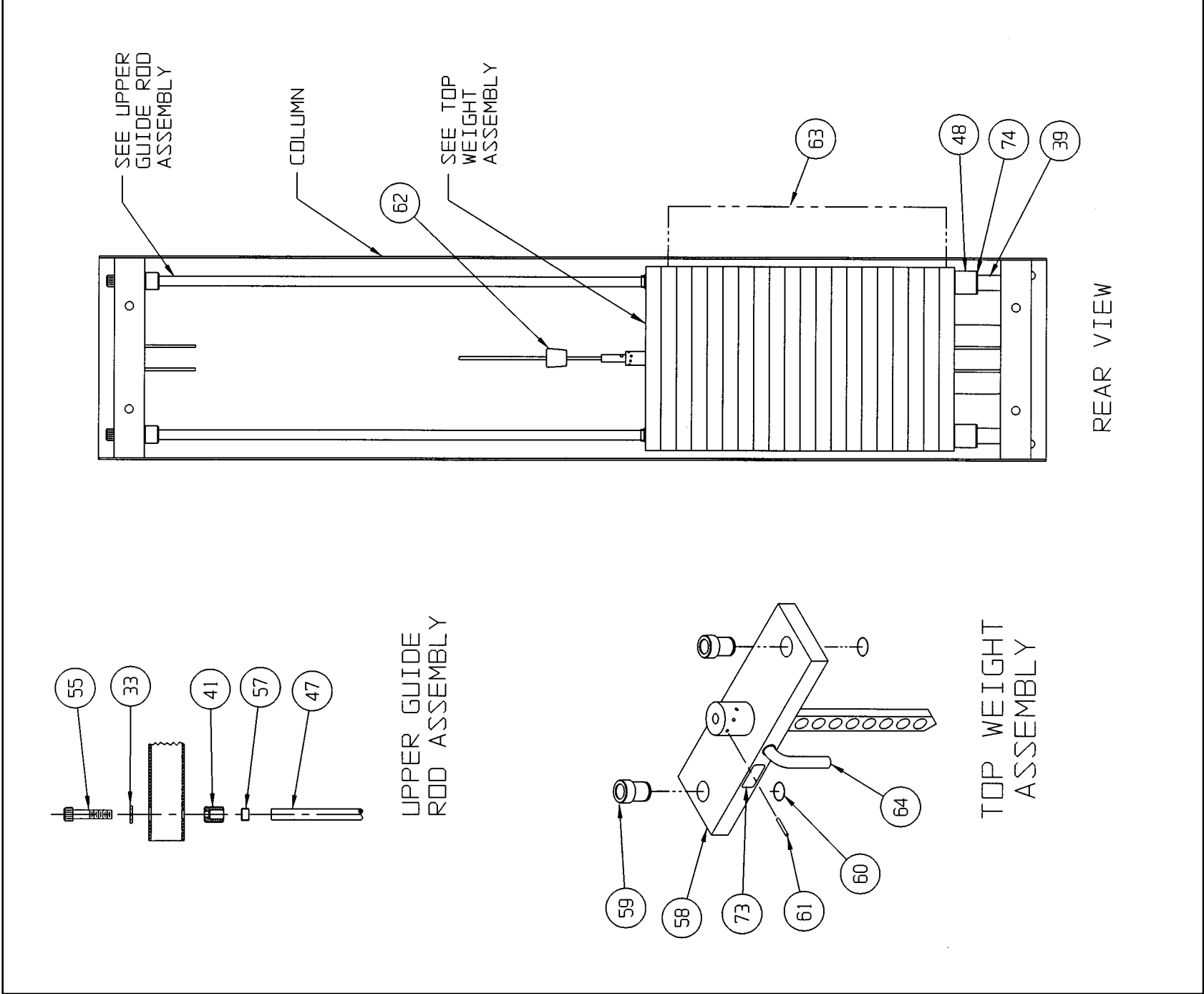
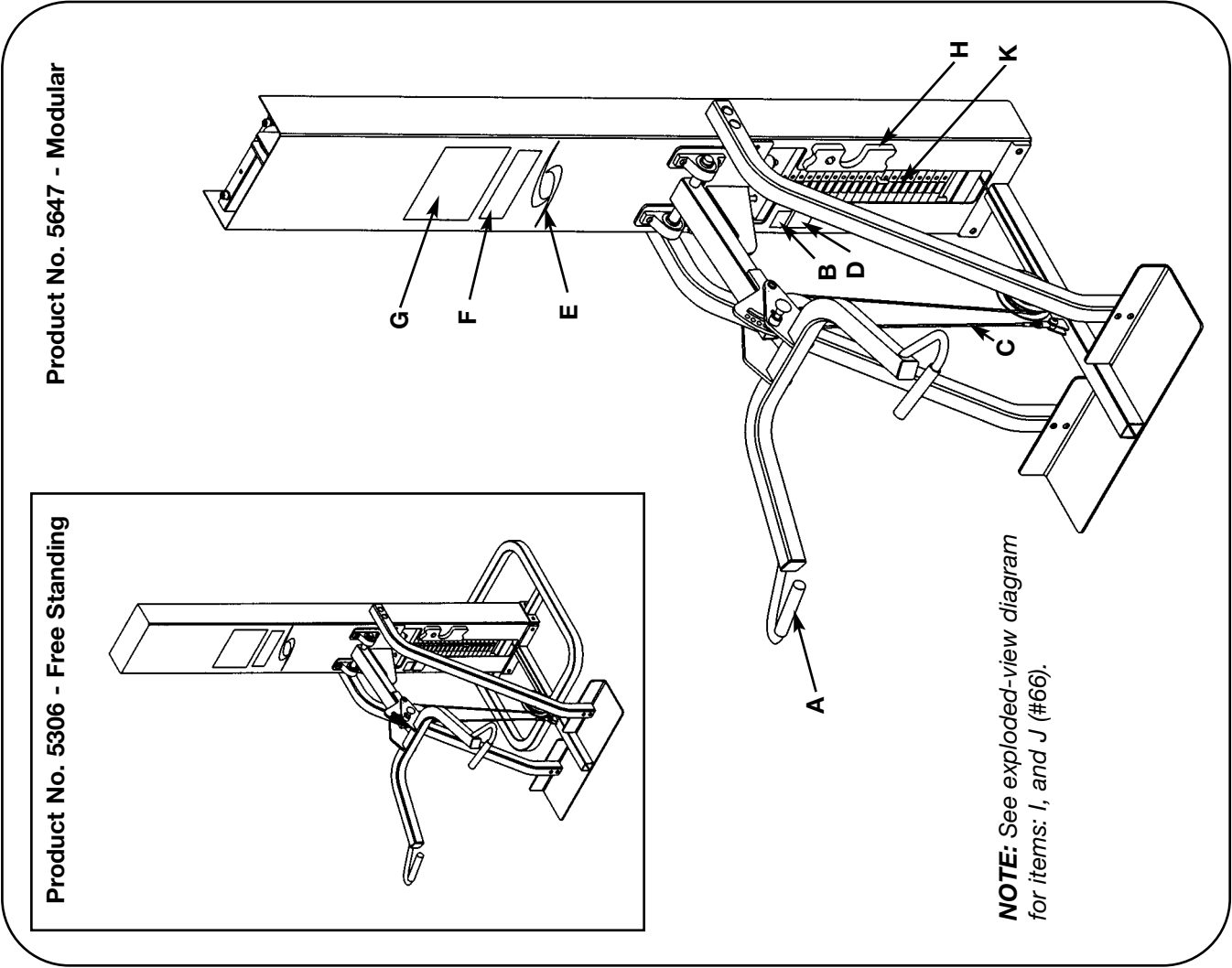


CABLE ROUTING DETAIL

MODULAR PRESSING STATION

5647 AND 5306

ASSEMBLY & PARTS



CABLE CROSSOVER

5311, 5648, 5649 AND 5650

ASSEMBLY & PARTS

Assembly Notes (5311, 5648, 5649 and 5650)

1. Install unit in area where it will be used. Keep all shipping packages near area of installation. Standard items include:

Shipping Package Model Configuration -	5311	5648	5649	5650
Cable Crossover Half Assembly - 5649	2	x	1	x
Tandem w/o Crossbar Assembly - 5648	x	1	x	x
Tandem with Crossbar Assembly - 5650	x	x	x	1
Crossover Tube Package - 5649-003	1	x	x	x
Base Package - 5649-50	2	x	1	x
Top Weight Package - 4700-012 (black)	2	1	1	1
Weight Pack 1 - 4700S042 (black)	2	1	1	1

NOTE: For tandem and quad (modular) configurations, follow assembly guidelines listed on either the 5600 Modular Center Post Assembly & Parts instruction sheet or the 5629 Tandem Center Post Assembly & Parts instruction sheet. Also refer to all steps listed below.

2. Read and understand instructions thoroughly before assembling the Cable Crossover. Refer to the exploded-view diagram and parts list when assembling the Cable Crossover.
3. Remove column from carton. For units with a back cover (5311 and 5649), remove the cover before removing column from carton. To remove cover, remove bolt securing cover at the top end, then slide cover toward top end and lift out.
4. Install column to base (item #47). **NOTE:** 5648 and 5650 configurations do not have a base.

NOTE: For installing tandem and quad configurations, use hardware items #58, #71 and #84.

5. For tandem configurations only (5648 and 5650), install detent tube lower mount (item #78).
6. Install double pulley bracket (item #31).
7. Install weight stack.
8. Install crossbar mount (item #30) for 5311, 5649 and 5650. **NOTE:** Do not tighten screws at this time. Crossbar must be loose when installing crossover tube.

NOTE: For 5648 configuration, install detent tube upper mount (item #79) in place of the crossbar mount. Install plastic cap (item #80) into item #79.

9. Install right handle (item #34) and left handle (item #33).
10. Install adjusting handle (item #37) to detent tube.
11. Install (chrome) detent tube (item #49).
12. Install adjusting bracket (item #45). **NOTE:** Do not overtighten. Be sure pulley bracket swivels freely.
13. Install adjusting shield (item #50) and upper pulley(#7) to handle assembly on the detent (chrome) tube. See letter A in the Cable Routing Detail diagram.
14. Route cable as shown in the Cable Routing Detail diagram, starting with pulley B and continuing in alphabetical order.
15. Adjust cable for one inch of free play.
16. Install crossover tube.
17. Tighten all hardware.
18. Install rear cover where applicable.

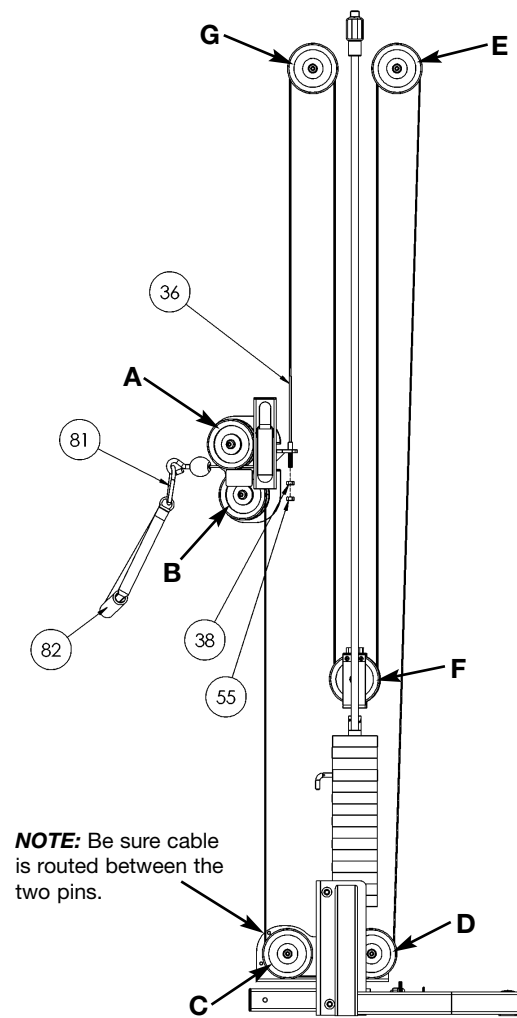
NOTE: This machine shipped with an Owner's Manual. Additional copies can be obtained by contacting your dealer or a Cybex Representative at 1-888-462-9239.

5311, 5648, 5649 and 5650 - Cable Crossover

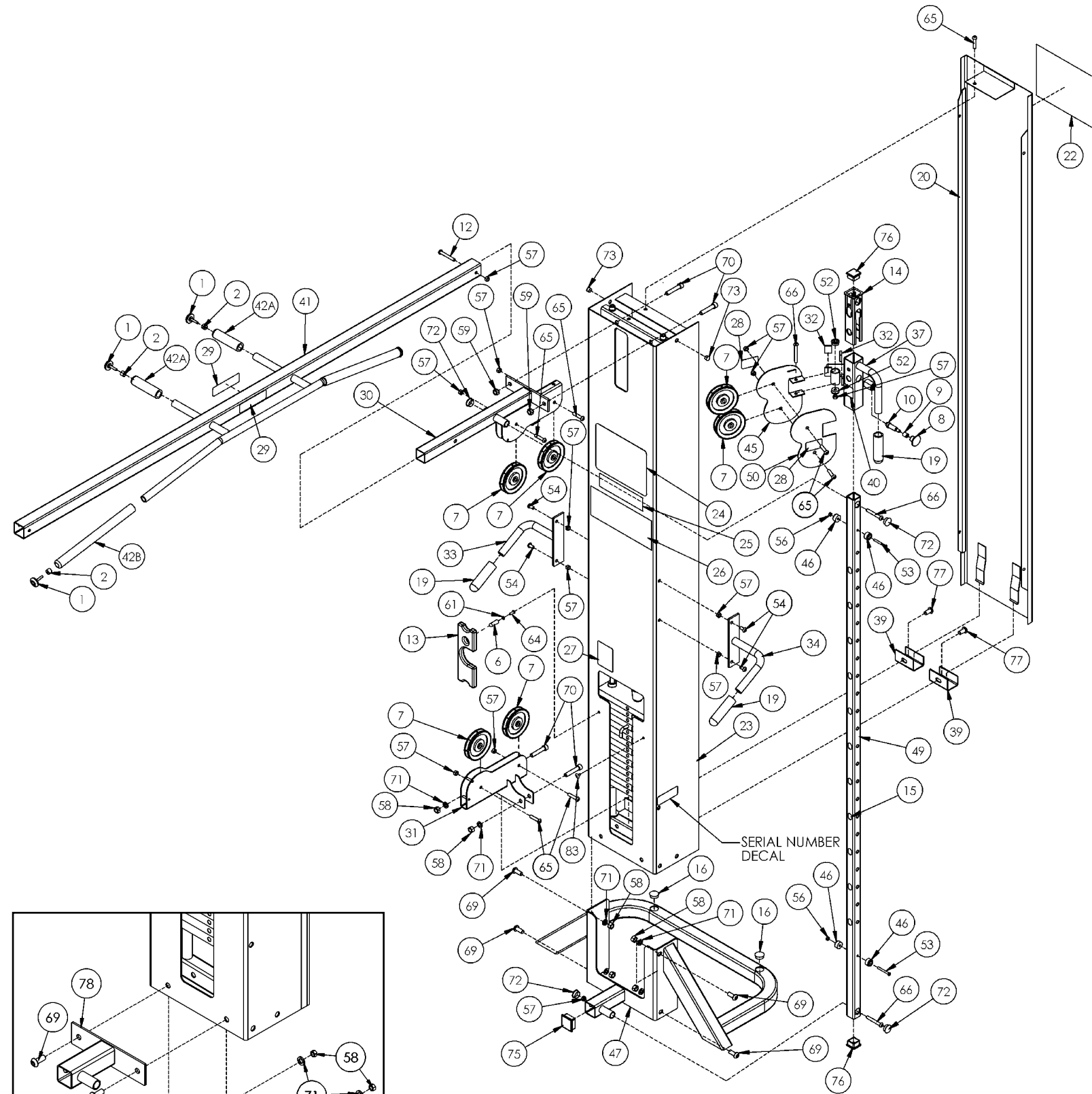
ITEM	QTY	PART NO.	DESCRIPTION
1	4	4605-550	Small Plug .25-20
2	8	HF449063	C onnector Insert .75 x .25-20
3	2	01143	Pulley Mount
4	4	01141	Weight Spacer 5.00
5	4	01755	Guide Rod Collet-Long
6	2	02106	Half Weight Peg
7	14	08014	Pulley Assembly
8	2	08172	Knob
9	2	BS070201	Spring
10	2	08229	Detent Pin
11	28	4005C062	Weight Stack 4.00 x 12.00
12	2	HC700430	BHSCS .375-16 x 2.50
13	2	C-ZA00200	Half Weight
14	2	4605-512	Insert Plastic 7.94
15	2	5649-314	Detent Tube Decal
16	4	PP080202	Insert Plastic 1.19 Dia. x 11 G
17	2	4700-218	Top Weight Assembly
18	4	4700-019	Brg Flg .62 x .92 x 1.50 L
19	6	4800-700	Foam Grip
• 20	2	5310C029	Back Cover
21	4	5310M035	Weight Rod .625 . x 85.31
22	2	3900-378	Cybex Decal 11.37 Vert. Wht/Plm
22	2	3900-391	Cybex Decal 11.37 Vert. Blk/Plm
22	2	3900-419	Cybex Decal 11.37 Vert. Wht/Wht
23	2	5649-200	Column
24	2	5649-598	Placard Decal
25	2	4800-381	Warning Decal
26	2	3900-426	Vortex Decal
27	2	02521	Caution Decal
28	4	4000Y316	Caution Decal
29	2	5649-329	Caution Decal Maximum Load
• 30	2	5649-203	Crossbar Mount
31	2	5649-208	Double Pulley Bracket
32	4	4113M064	Bumper
33	2	5649-205	Left Handle
34	2	5649-206	Right Handle
35	2	4800-515	Weight Plate Decal
36	2	5649-002	Cable Subassembly
37	2	5649-207	Adjusting Handle
38	2	HN704000	Hex Nut .375-16
39	4	5315-343	Attaching Tab
40	2	8500-025	Caution Decal
• 41	1	5649-201	Cross Bar
42 A	2	4605-501	Grip
42 B	2	4605-518	Grip
43	2	PU060200	Bumper
44	2	5310P044	Weight Selector Pin
45	2	5649-330	Adjusting Bracket
46	8	PR069400	Recess Bumper
• 47	2	5649-209	Base Support
48	2	01142	Pulley Mount Cap
49	2	5649-303	Detent Tube
50	2	5649-331	Adjusting Shield
51	4	BR030206	Retaining Ring
52	4	HB-60011	Flange Bearing .375 ID x 1.00 OD
53	4	HC620428	BHSCS .25-20 x 2.25
54	8	HC700417	BHSCS .375-16 x 1.00
55	2	HN704400	Nut, Jam .375-16
56	4	HN624100	Hex Nut .25-20
57	30	HN704901	Nylon Locknut .375-16
58	16	HN784000	Hex Nut .50-13
59	4	HN784900	Nylon Locknut .50-13
60	2	HP286819	Spiral Pin .188 x 1.125
61	2	HS308300	Split Lockwasher .25
62	8	HS760106	Flat Washer 1.75 x .688 x .140 T
63	8	HT582210	Tap Screw 10-32 x .375 Phil
64	2	JC620415	BHSCS .25-20 x .75
65	14	JC700424	BHSCS .375-16 x 1.75

ITEM	QTY	PART NO.	DESCRIPTION
66	6	JC700434	BHSCS .375-16 x 3.00
67	4	PR060005	Weight Bumper
68	2	HC700426	BHSCS .375-16 x 2.00
69	8	JC780420	BHSCS .50-13 x 1.25
70	12	JC782830	SHCS .50-13 x 2.50
71	16	JS388300	Split Lockwasher .50
72	8	PN660200	Plastic Insert 1.00 Dia. x 11 G
73	4	PN660201	Hole Plug
74	4	PP080204	Plastic Cap .625 ID x .68 OD
75	2	PP090210	Plastic Cap 2.00 Sq
76	4	PP090211	Plastic Insert 1.50 Sq x 11 G
77	4	JC780417	BHSCS .50-13 x 1.00
• 78	1	5648-201	Detent Tube Lower Mount
• 79	1	5648-202	Detent Tube Upper Mount
• 80	1	PP090200	Plastic Insert 1.75 Sq
81	1	GQ000206	Snap Link
82	1	5310S040	Handle Subassembly
83	1	01193	Finned Fastener
• 84	4	JC782817	SHCS .50-13 x 1.00

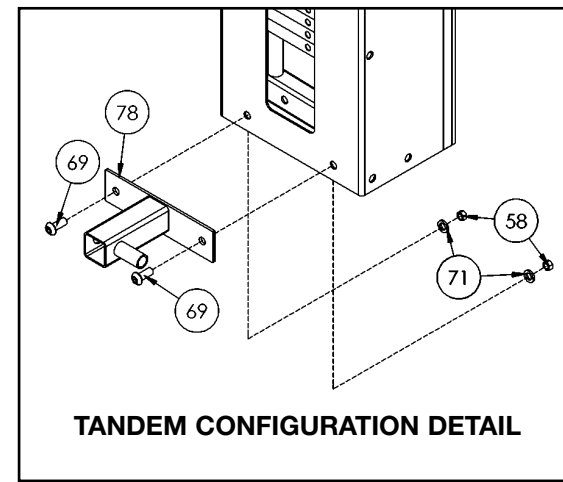
• Not used in all configuration. Quantities will vary depending upon type of configuration.



CABLE ROUTING DETAIL



5311 CONFIGURATION

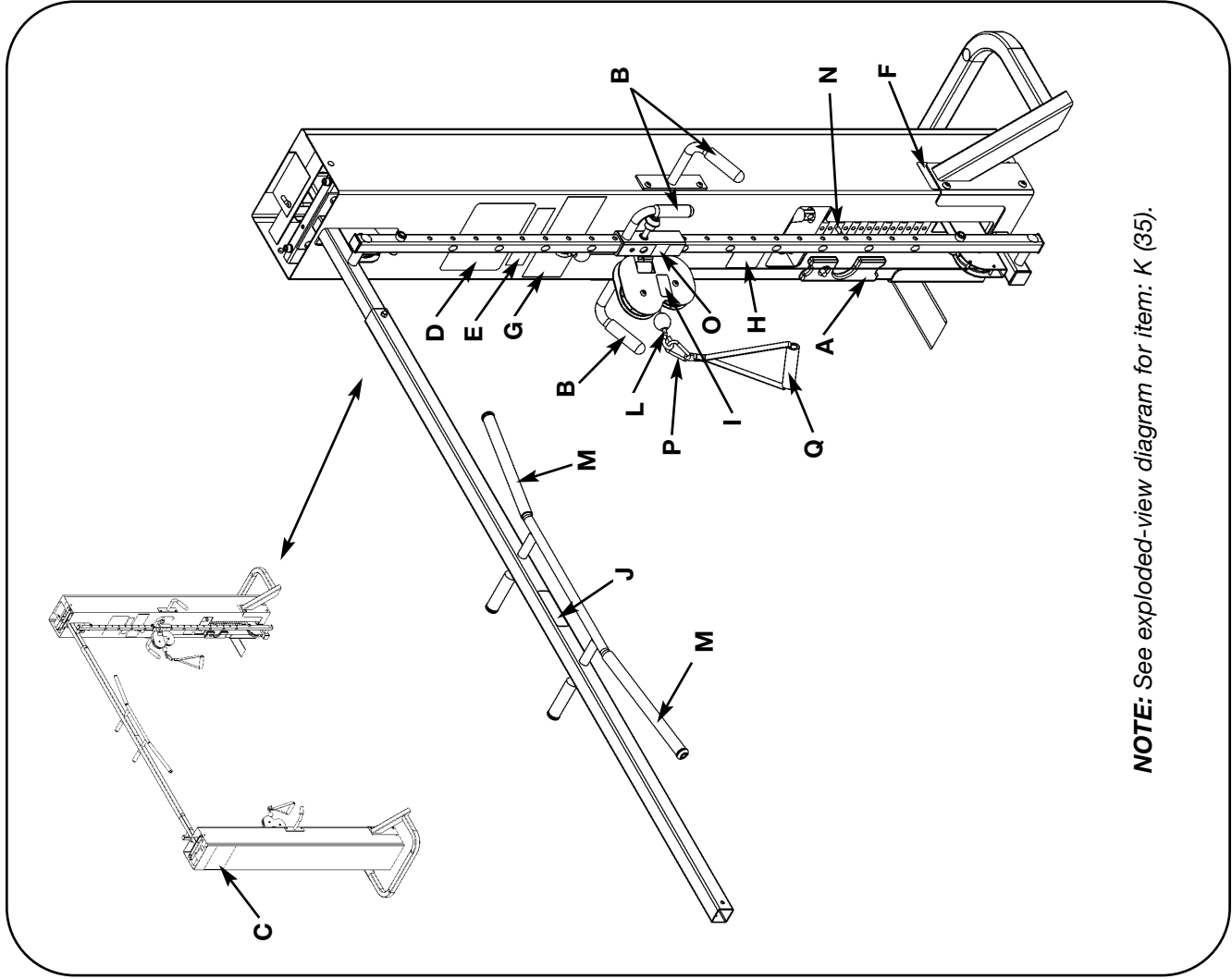


TANDEM CONFIGURATION DETAIL

CABLE CROSSOVER

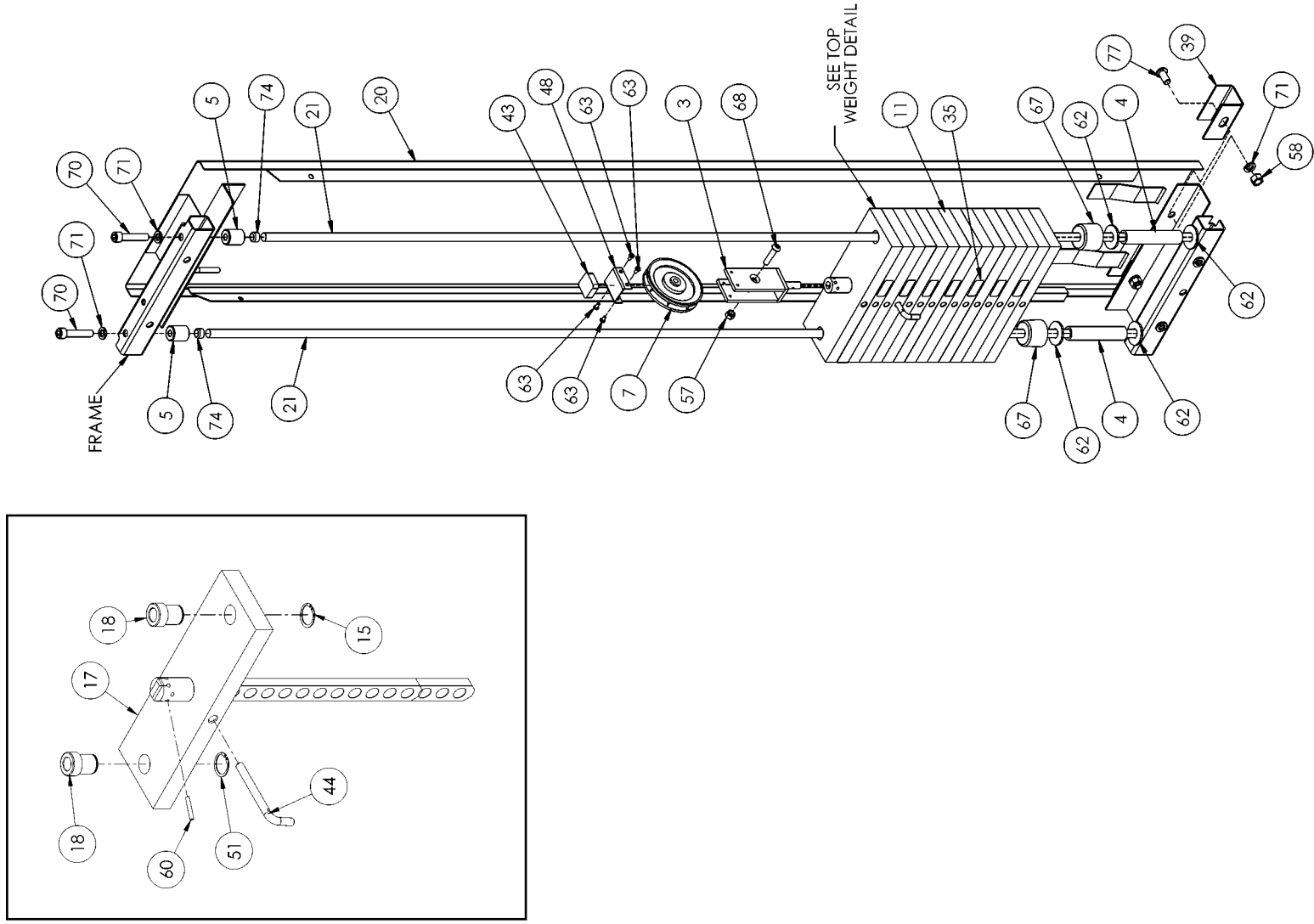
5311, 5648, 5649 AND 5650

ASSEMBLY & PARTS



NOTE: See exploded-view diagram for item: K (35).

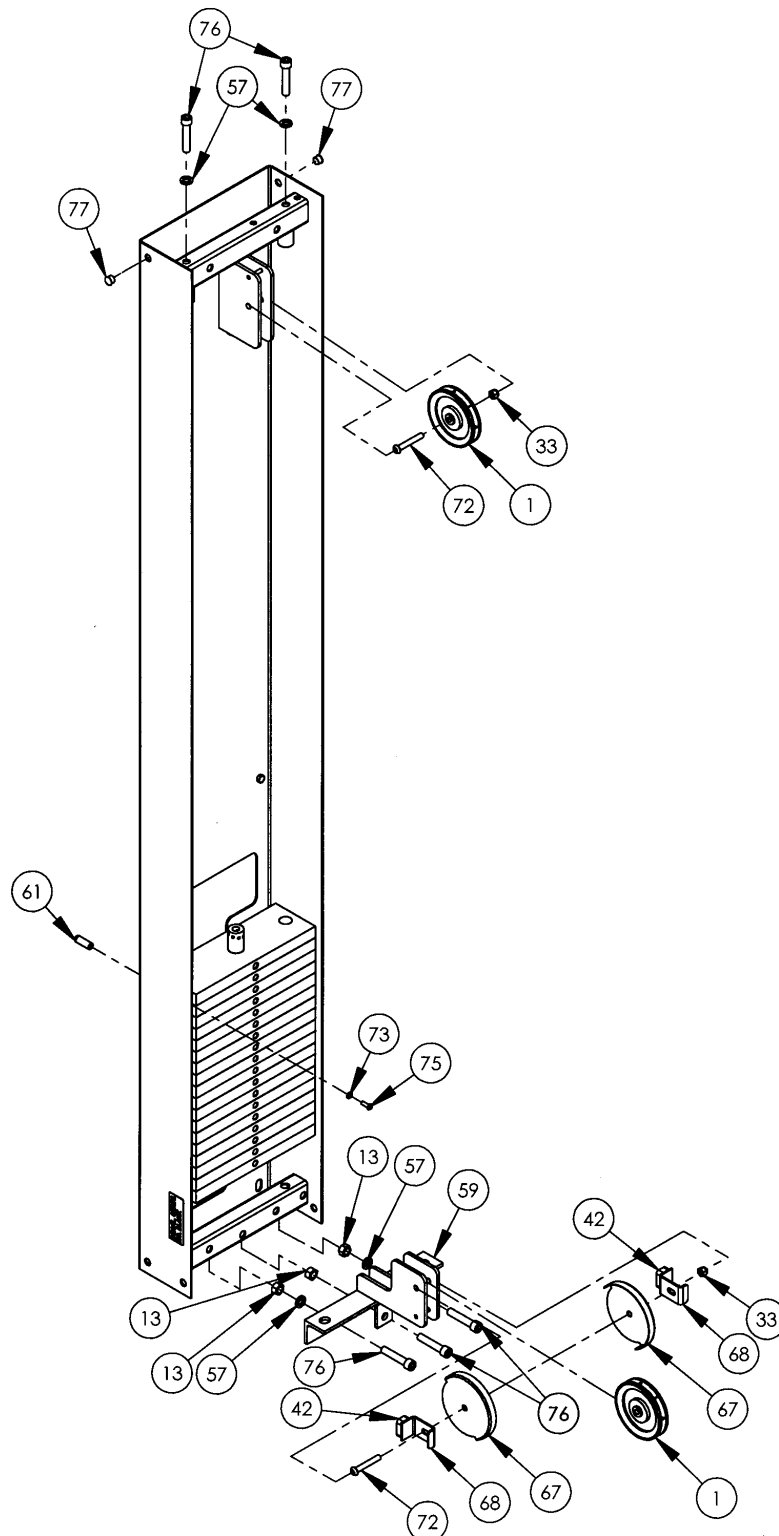
DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Half Weight	C-ZA00200	I. Caution Decal	4000Y316
B. Foam Grip	4800-700	J. Caution Decal	
C. Cybex Decal Wht/Plm	3900-378	K. Maximum Load	5649-329
C. Cybex Decal Blk/Plm	3900-391	L. Weight Plate Decal	4800-515
C. Cybex Decal Wht/Wht	3900-419	M. Cable Subassembly	5649-002
D. Placard Decal	5649-598	N. Grip	PR400202
E. Warning Decal	4800-381	O. Weight Selector Pin	5310P044
F. Serial Number Decal		P. Caution Decal	8500-025
G. Vortex Decal	3900-426	Q. Snap Link	GQ000206
H. Caution Decal	02521		5310S040



MODULAR SEATED LEG PRESS

5652 AND 5322

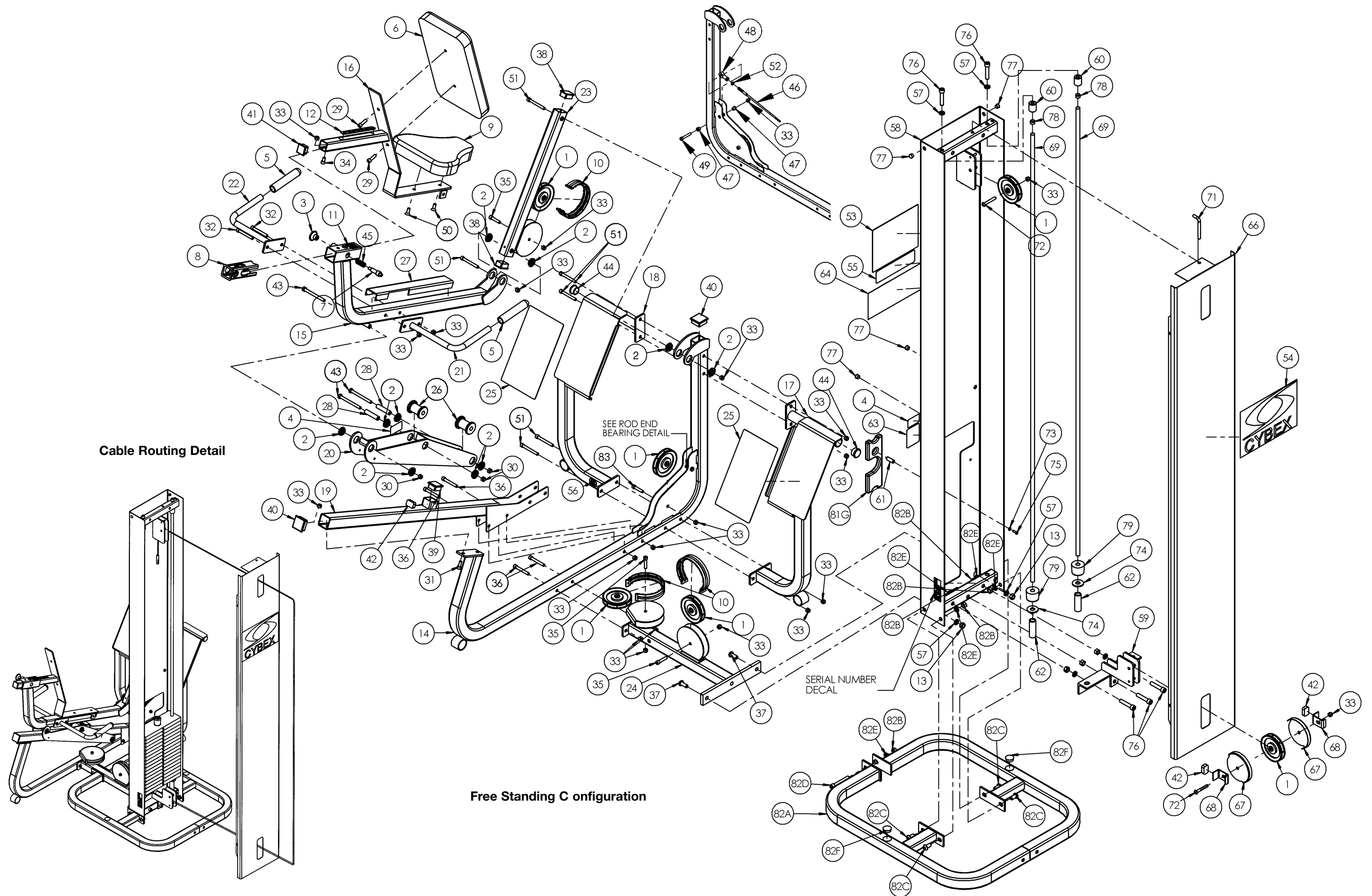
ASSEMBLY & PARTS



Modular Configuration

5652 - Modular Seated Leg Press & 5322 - Free Standing Seated Leg Press

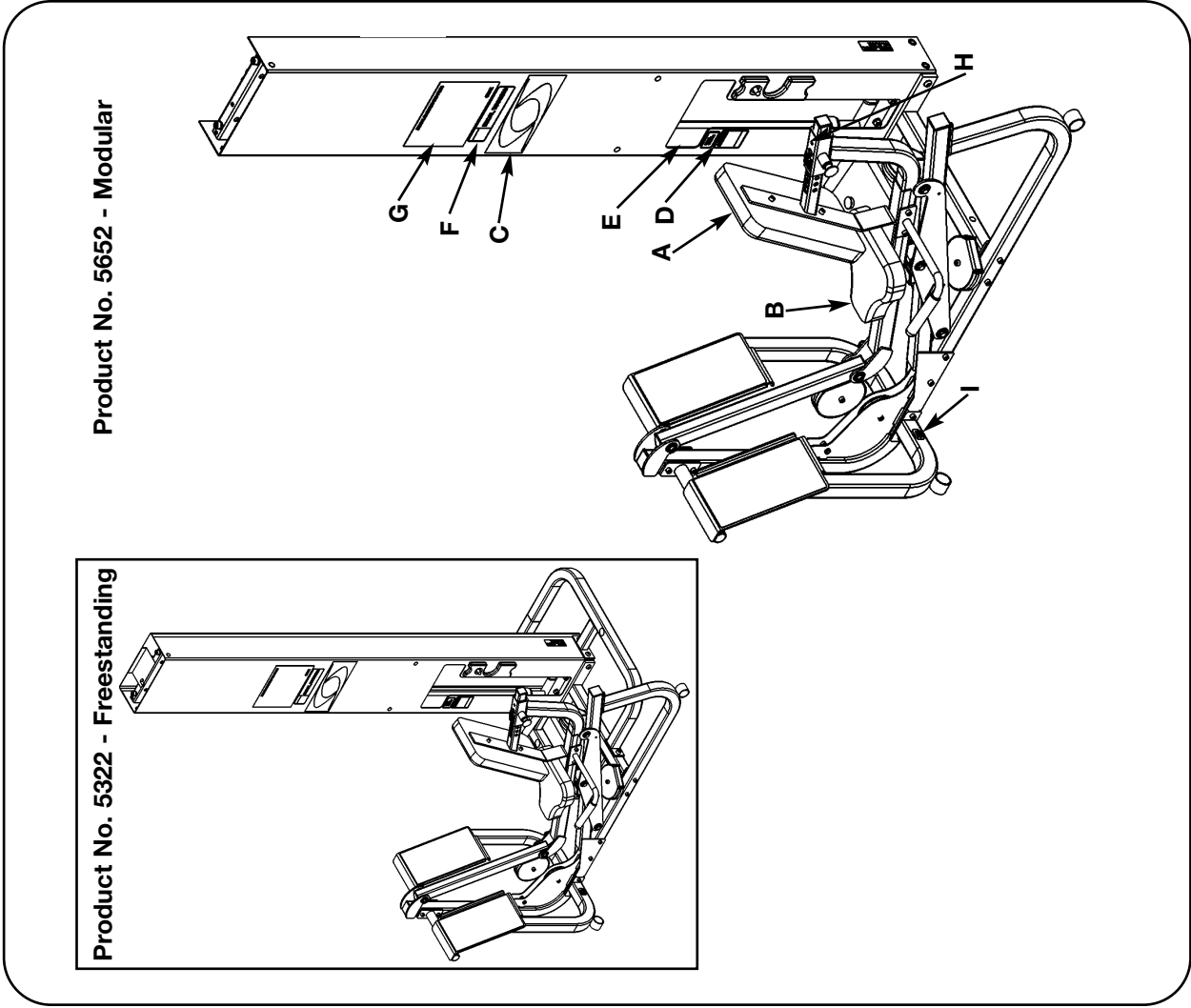
ITEM	QTY	PART NO.	DESCRIPTION	ITEM	QTY	PART NO.	DESCRIPTION
1	6	08014	Pulley	50	2	JC700917	FHSCS .375-16 x 1.00
2	10	FB030242	Bearing w/Snap ring 30mm OD x 10 mm	51	4	JC702836	SHCS .375-16 x 3.25
3	1	08172	Cybex Knob	52	1	JN714400	Jam Nut .375-24 UNF
4	2	4000Y316	Caution Decal	53	1	5652-598	Placard Decal
5	2	4005M100	Grip	54	1	3900-432	Cybex Decal 8.75 x 13
6	1	4106S055-0	Back Cushion	55	1	4800-381	Warning Decal
7	1	4505-329	Detent Pin	56	1	CM000211	Decal Removed 7/6/09
8	1	4605-511	Plastic Insert 5.94	57	6	JS388300	Split Lockwasher .50
9	1	4800-026	Bottom Cushion	58	1	01243	Column
10	3	4800-570	Cable Guard	59	1	01247	Pulley Mount
11	1	8500-025	Caution Decal	60	2	01755	Guide Rod Collet
12	1	8520-313	Seat Adjusting Decal	61	1	02106	Half Weight Peg
13	7	HN784000	Hex Nut .50-13	62	2	02330	Spacer 3.00 Weight
14	1	8630-200	Frame	63	1	02521	Caution Decal
15	1	8630-201	Seat Frame	64	1	3900-426	Cybex Decal 11.37
16	1	8630-202	Seat Tube	65	1	4800-515	Weight Plate Decal
17	1	8630-203	Right Foot Plate	66	1	5301-201	Cover
18	1	8630-204	Left Foot Plate	67	2	5301-310	Pulley Guard
19	1	8630-205	Roller Tube	68	2	5301-311	Stop
20	1	8630-206	Roller Plate	69	2	5310M035	Weight Rod .625 Dia. x 85.31
21	1	8630-207	Right Handle	70	1	55652	Instruction Modular Leg Press (not shown)
22	1	8630-208	Left Handle	71	1	5310P044	Weight Select Pin
23	1	8630-209	Pivot Tube	72	2	HC700430	BHSCS .375-16 x 2.50
24	1	5652-201	Connector	73	1	HS308300	Split Lockwasher .25
25	2	8630-321	Non-Slip	74	2	HS760106	Flat Washer 1.75 x .68 x .140
26	2	8630-322	Roller	75	1	JC620415	BHSCS .25-20 x .75
27	1	8630-326	Plastic Seat Sleeve	76	5	JC782830	SHCS .50-13 x 2.50
28	2	8630-331	Spacer	77	8	PN660201	Plug
29	2	JC702820	SHCS .375-16 x 1.25	78	2	PP080204	Plastic Cap .625 ID x .68 OD
30	3	8630-336	Nylon Locknut 10 mm	79	2	PR060005	Bumper
31	1	HC702816	SHCS .375-16 x .875	80	17	4005C062	Weight Stack 4 x 12
32	2	HC702834	SHCS .375-16 x 3.00	81	1	4700-027	Top Weight Assembly
33	21	HN704901	Nylon Locknut .375-16	81A	2	4700-019	Bearing Flange .62 x .92 x 1.50 L
34	1	JC702814	SHCS .375-16 x .625	81B	1	4700M005	Rubber Cap
35	4	JC702824	SHCS .375-16 x 1.75	81C	1	4800-256	Top Weight 18-4 x 12
36	4	JC702832	SHCS .375-16 x 2.75	81D	1	4700M004	Cable Connector
37	2	JC780420	BHSCS .50-13 x 1.25	81E	1	5310P044	Weight Selector Pin
38	2	PP090000	Plastic Insert 1.50 x 2.00 x 11 G	81F	2	BR030206	Retaining Ring
39	1	PP090200	Plastic Insert 1.75 Sq x 10-14 G	81G	1	C-ZA000200	Half Weight
40	2	PP090210	Plastic Insert 2.00 Sq x 11 G	81H	2	HP286819	Spiral Pin
41	1	PP090211	Plastic Insert 1.50 Sq x 10-14 G	82	1	5302-51	Modular Base Assembly
42	3	PU060201	Bumper	82A	1	5301-200	Base
43	3	HC331271	HHCS 10 mm x 110 mm	82B	5	HN78400	Hex Nut .50-13
44	2	PP080225	Plastic Insert 1.50 x 2.00 11 G	82C	4	JC780417	BHSCS .50-13 x 1.00
45	1	BS070201	Com Spring .56 x .66 1.50 L	82D	1	JC782836	SHCS .50-13 x 3.25
46	1	5652-002	Cable	82E	5	JS388300	Split Lockwasher .50
47	2	8630-340	Spacer	82F	2	PP080202	Plastic Insert 1.19 Dia. x 11 G
48	1	FB030213	Rod End Bearing	83	2	JC702838	SHCS .375-16 x 3.50
49	1	HC702828	SHCS .375-16 x 2.25	84	8	HS348300	Split Lockwasher .375



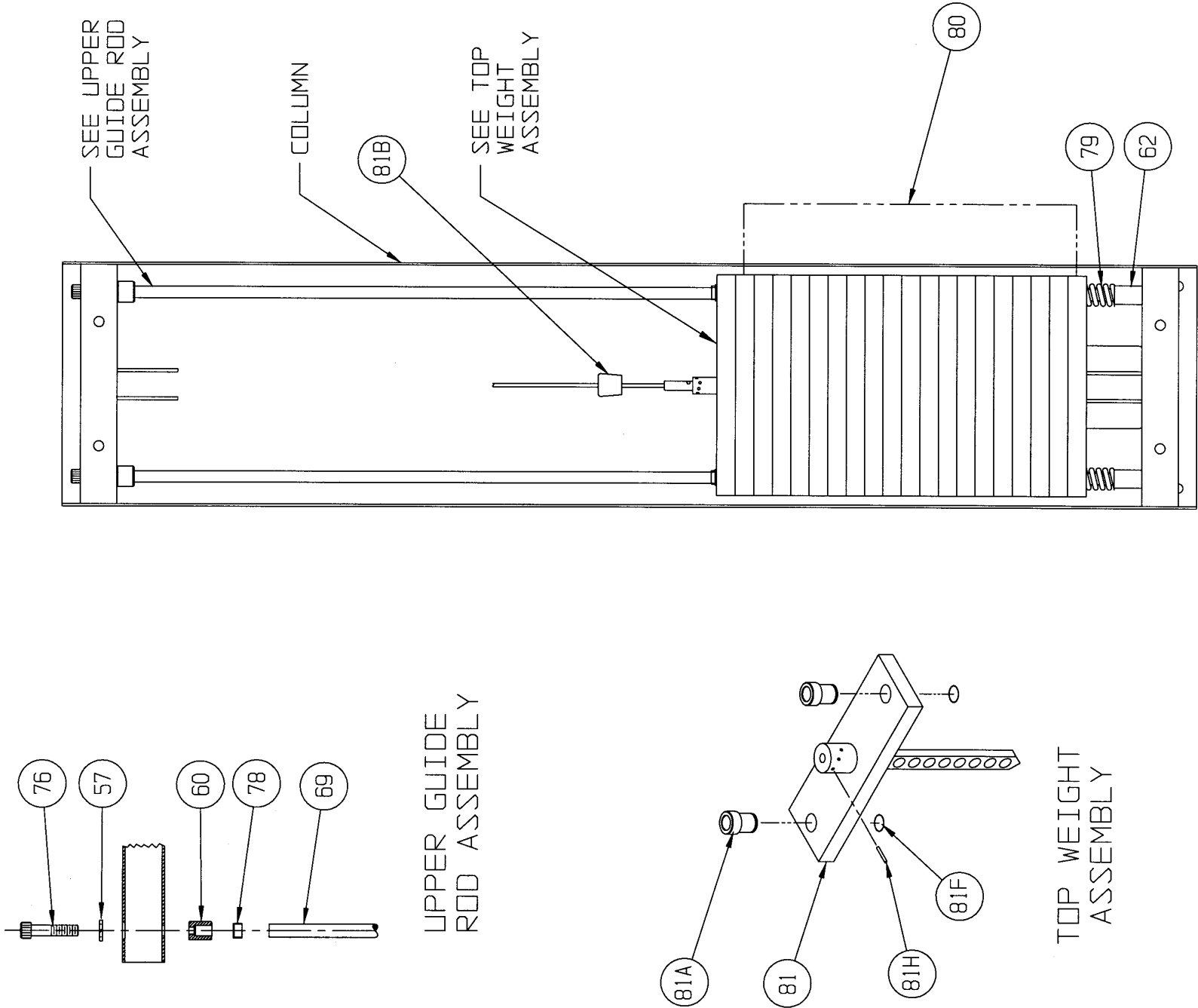
MODULAR SEATED LEG PRESS

5652 AND 5322

ASSEMBLY & PARTS



DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Back Cushion.....	4106S055-0	E. Caution Decal.....	4000Y316
B. Seat Cushion.....	4800-026	F. Warning Decal.....	4800-381
C. Cybex Decal Wht/Wht...	3900-378	G. Placard Decal.....	5652-598
C. Cybex Decal Blk/Plm	3900-391	H. Adjustment Decal.....	8520-313
C. Cybex Decal Wht/Plm ...	3900-419	I. Serial Number Decal	CM000202
D. Caution Decal.....	02521	J. Grip.....	4005M100



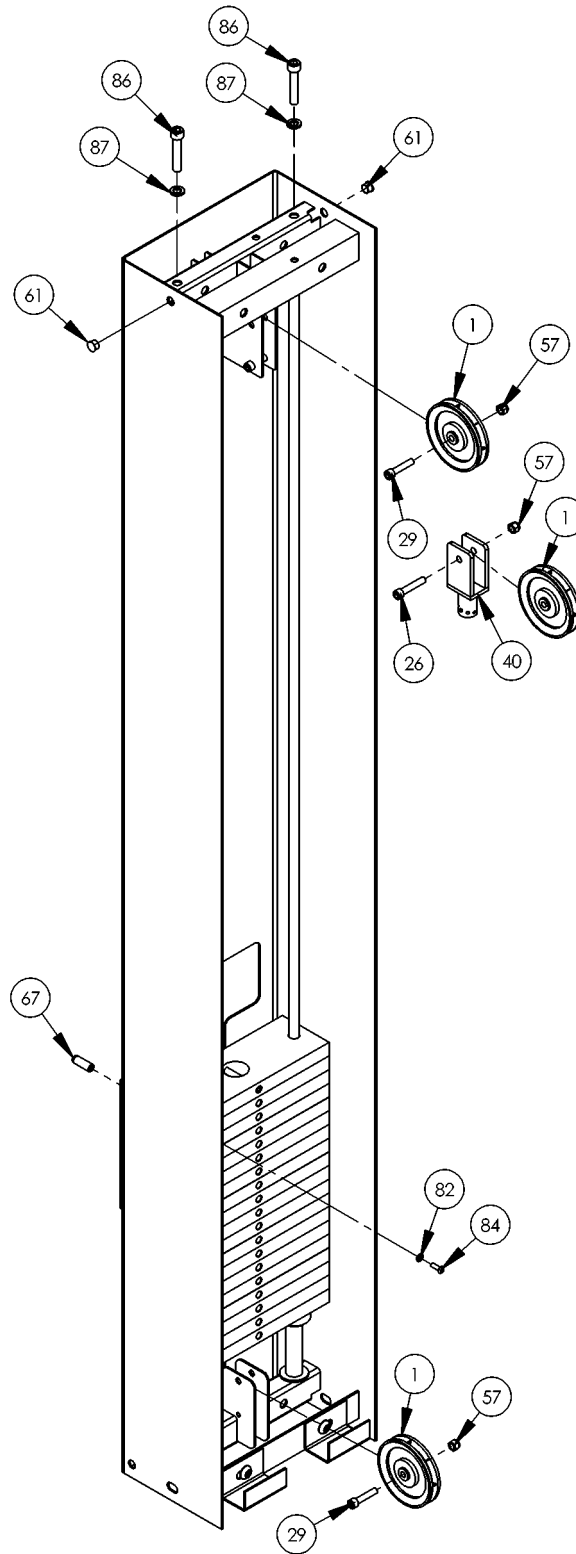
REAR VIEW



MODULAR LEG EXTENSION/LEG CURL

5653 AND 5307

ASSEMBLY & PARTS

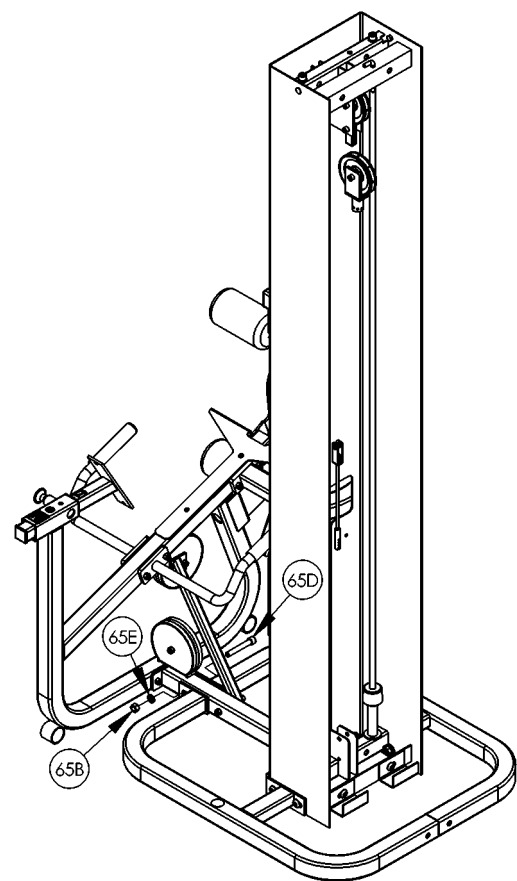


Modular Configuration

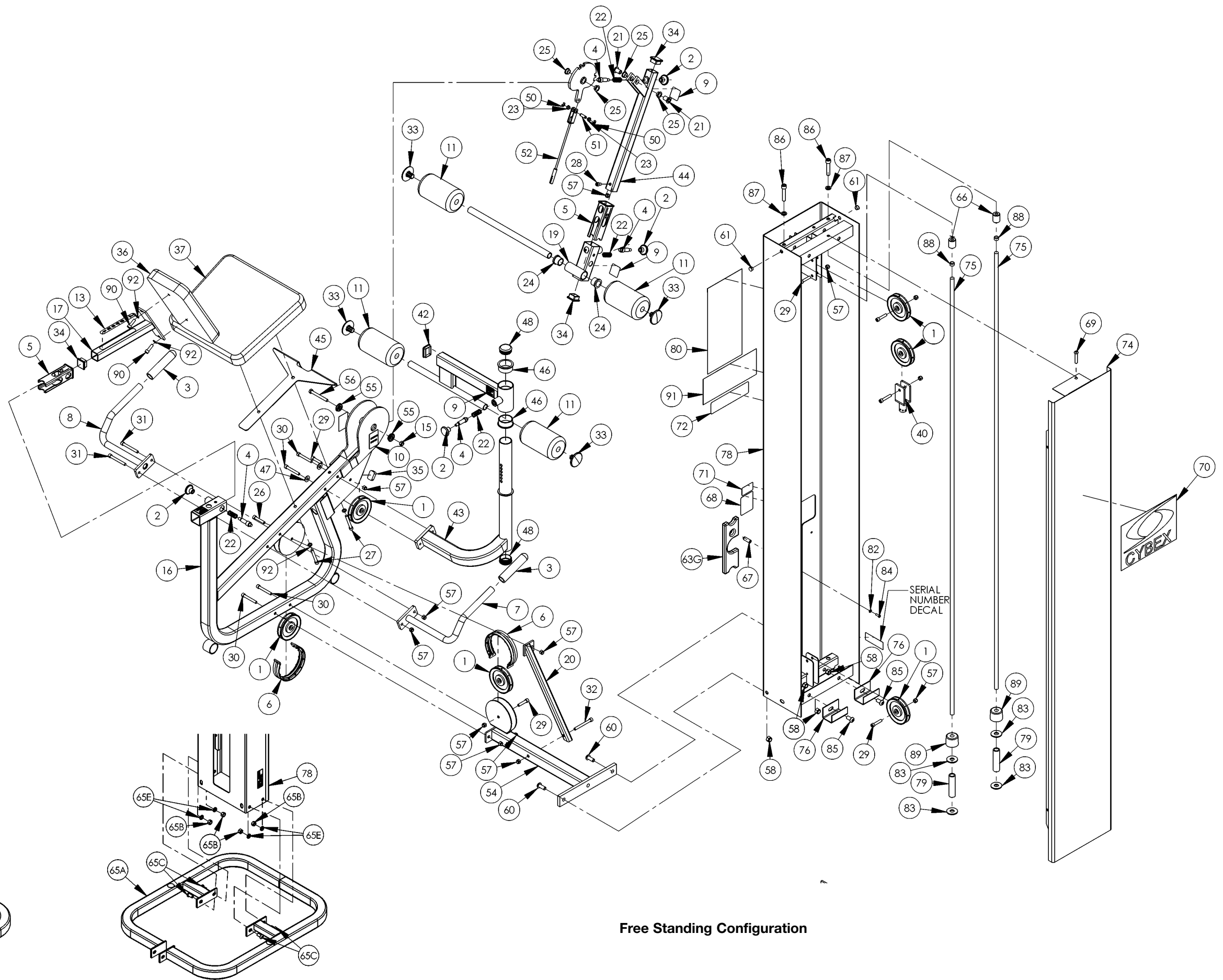
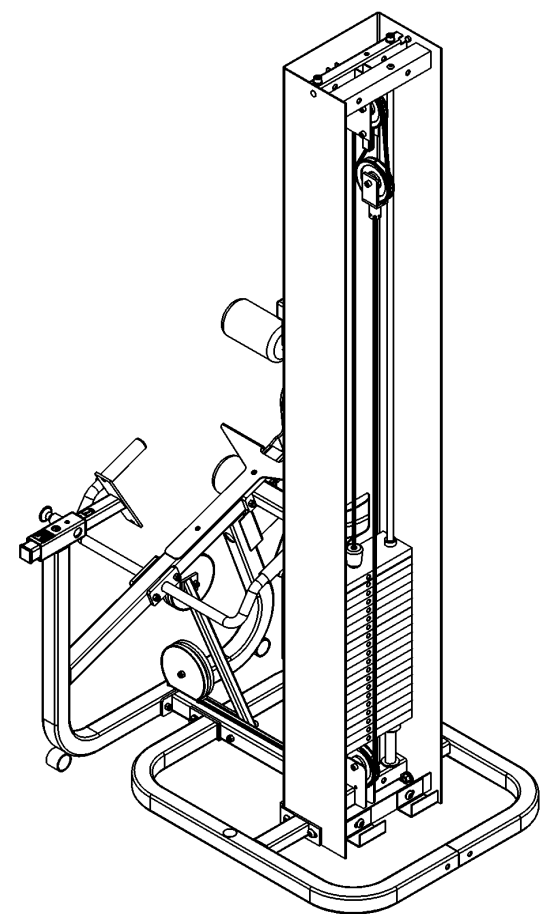
5653 - Modular Leg Extension/Leg Curl & 5307 - Free Standing Leg Extension/Leg Curl

ITEM	QTY	PART NO.	DESCRIPTION
1	6	08014	Pulley
2	4	08172	Cybex Knob
3	2	4050M025	Grip
4	3	4505-329	Detent Pin
5	2	4605-511	Plastic Insert 5.94
6	2	4800-570	Cable Guard
7	1	4850-202	Right Handle
8	1	4850-203	Left Handle
9	4	8500-025	Caution Decal
10	2	8500-026	Caution Decal
11	4	8500-052	Cushion 4.00 Dia. x 7.00 L x .875
12	1	8520-308	Leg Curl Tube
13	1	8520-313	Seat Adjusting Decal
14	1	HC702826	SHCS .375-16 x 2.00
15	1	8630-336	Nylon Locknut 10 mm
16	1	8640-213	Frame
17	1	8640-201	Cushion Post (for Back Cushion)
18	1	8640-202	Cam
19	1	8640-204	Adjuster
20	1	8640-207	Brace
21	2	8640-347	Insert
22	4	BS070201	Com Spring .56 x .66 1.50 L
23	2	FB050211	Bearing Flange .38 x .50 .25 L
24	2	FB050226	Bearing Flange 1.00 ID x 1.25 OD x 1.00 L
25	4	FB130205	Bearing Flange .62 x .75 x .38 L
26	1	HC702826	SHCS .375-16 x 2.00
27	2	HC702834	SHCS .375-16 x 3.00
28	1	JC702814	SHCS .375-16 x .625
29	5	JC702824	SHCS .375-16 x 1.75
30	4	JC702832	SHCS .375-16 x 2.75
31	2	JC702836	SHCS .375-16 x 3.25
32	1	JC702838	SHCS .375-16 x 3.50
33	4	PP080223	Plastic Insert
34	3	PP090211	Plastic Insert 1.50 Sq x 10-14 G
35	1	PU060201	Bumper
36	1	4800-021	Back Cushion
37	1	4800-074	Seat Cushion
38	1	HP286819	Spiral Pin
39	1	8640-330	Spring Pin 10 mm x 90 mm Black
40	1	02120	Pulley Mount
41	1	08229	Detent Pin
42	1	8640-211	Cushion Bracket
43	1	8640-212	Cushion Post
44	1	8640-214	Leg Bar
45	1	8640-334	Support Plate
46	2	FB130206	Flange Bearing 2.00 x 2.25 x 1.00
47	2	HS347700	Washer
48	2	PP080224	Plastic Insert 2.00 Dia.
49	1	PP090000	Plastic Insert 1.50 x 2.00 Dia.
50	2	08017	Retaining Ring
51	1	4507-301	Pin
52	1	5653-002	Cable Subassembly
53	1	5653-003	Cable Subassembly
54	1	5653-201	Leg
55	2	FB030242	Bearing with Snap Ring

ITEM	QTY	PART NO.	DESCRIPTION
56	1	HC331269	HHCS 10MM x 90MM
57	13	HN704901	Nylon Locknut .375-16
58	4	HN784900	Nylon Locknut .500-13
59	6	JC782820	SHCS .375-16 x 1.25
60	2	JC780420	BHSCS .500-13 x 1.25
61	4	PN660201	Hole Plug
62	20	4000C062	Weight Stack 4 x 12
63	1	4700-010	Top Weight Assembly
63A	2	4700-019	Bearing Flange .62 x .92 x 1.50 L
63B	1	4700M005	Rubber Cap
63C	1	4700-307	Top Weight 20-4 x 12
63D	1	4700M004	Cable Connector
63E	1	5310P044	Weight Selector Pin
63F	2	BR030206	Retaining Ring
63G	1	C-ZA000200	Half Weight
63H	2	HP286819	Spiral Pin
64	2	HN784000	Hex Nut .50-13
65	1	5302-51	Modular Base Assembly
65A	1	5301-200	Base
65B	5	HN784000	Hex Nut .50-13
65C	4	JC780417	BHSCS .50-13 x 1.00
65D	1	JC782836	SHCS .50-13 x 3.25
65E	5	JS388300	Split Lockwasher .50
65F	2	PP080202	Plastic Insert 1.19 Dia.-11 GA
66	2	01755	Guide Rod Collet - Long
67	1	02106	Half Weight Peg
68	1	02521	Warning Decal
69	1	HC700426	BHSCS .375-16 x 2.00
70	1	3900-378	Cybex Decal Wht/Wht
70	1	3900-391	Cybex Decal Blk/Plm
70	1	3900-419	Cybex Decal Wht/Plm
71	1	4000Y316	Caution Decal
72	1	4800-381	Warning Decal
73	1	4800-515	Weight Plate Decal 2-24
74	1	5310C029	Cover
75	2	5310M035	Weight Rod .625 Dia. x 85.31
76	2	5315-343	Attaching Tab
77	1	55653	Modular Adjustable Cable Instruction (Not Shown)
78	1	5653-200	Tower
79	2	5653-302	Weight Spacer 4.00
80	1	5653-598	Placard
81	1	02224	Modular Screen
82	1	HS308300	Split Lockwasher
83	4	HS760106	Flat Washer 1.75 .688 .140 T
84	1	JC620415	BHSC .25-20 x .75
85	2	JC780417	BHSCS .50-13 x 1.00
86	2	JC782830	SHCS .50-13 x 2.50
87	4	JS388300	Split Lockwasher .50
88	2	PP080204	Plastic Cap .625 ID x .68 OD
89	2	PR060005	Bumper Weight
90	2	JC7082820	SHCS .375-16 x 1.25



Cable Routing Detail

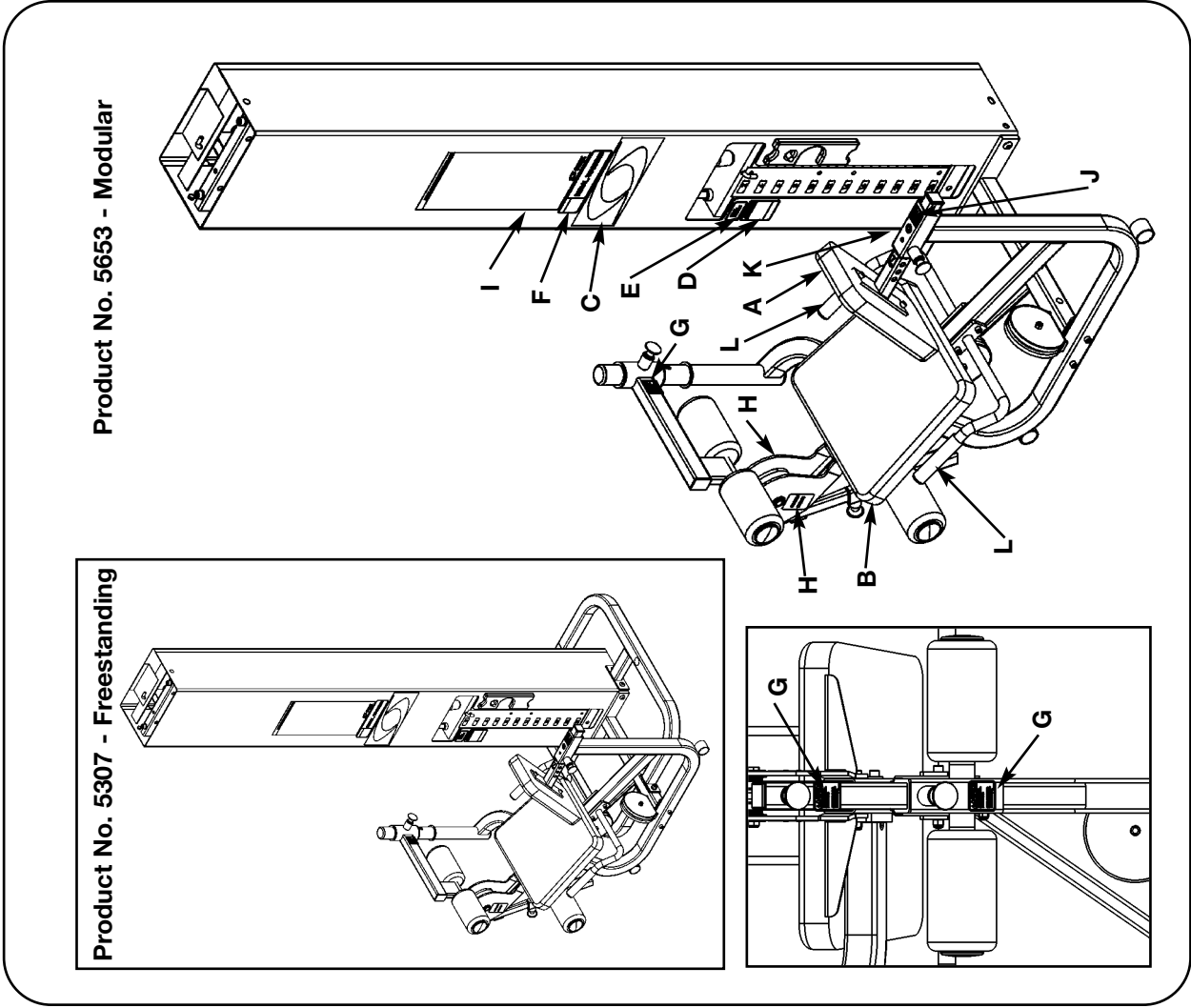


Free Standing Configuration

MODULAR LEG EXTENSION/LEG CURL

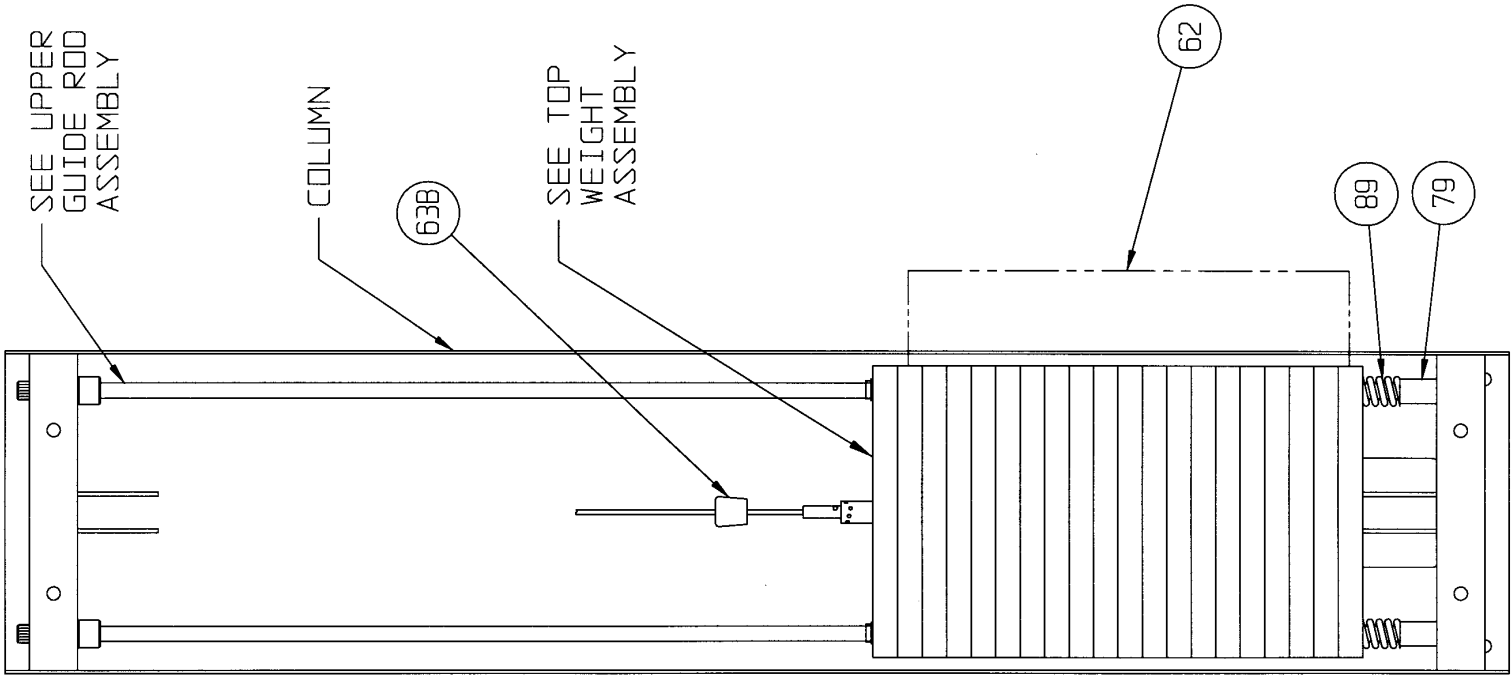
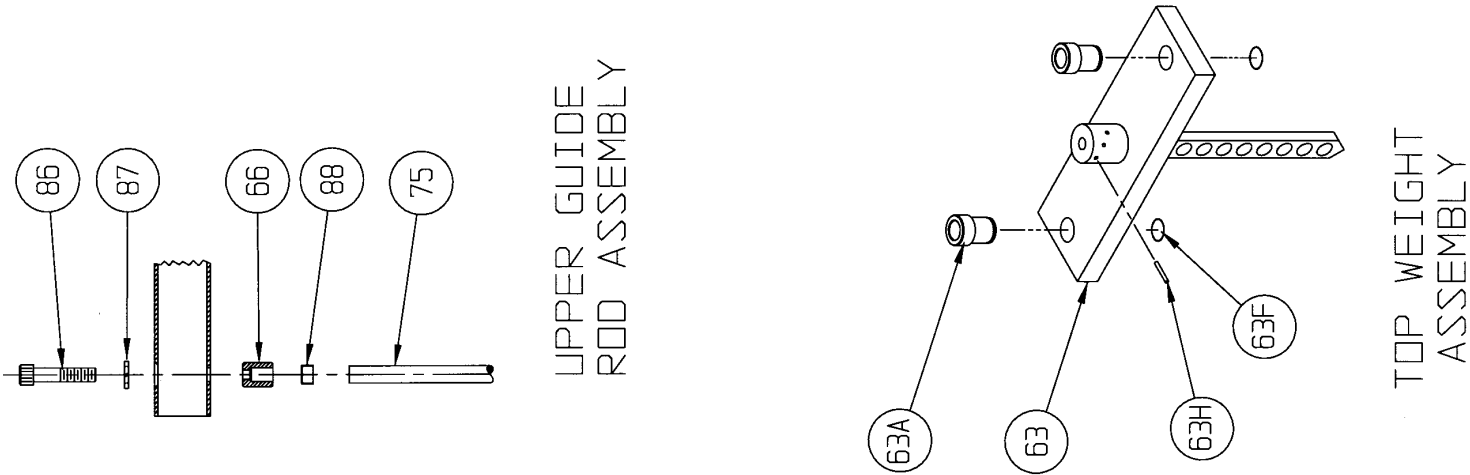
5653 AND 5307

ASSEMBLY & PARTS



DESCRIPTION	PART NO.
A. Back Cushion.....	4800-021
B. Seat Cushion.....	4800-074
C. Cybex Decal Wht/Wht...	3900-378
C. Cybex Decal Blk/Plm	3900-391
C. Cybex Decal Wht/Plm ...	3900-419
D. Caution Decal.....	02521
E. Caution Decal.....	4000Y316

DESCRIPTION	PART NO.
F. Warning Decal.....	4800-381
G. Caution Decal.....	8500-025
H. Caution Decal.....	8500-026
I. Placard Decal.....	5653-598
J. Adjustment Decal.....	8520-313
K. Serial Number Decal	CM000202
L. Grip.....	4050M025



REAR VIEW





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